

# IINHUB

## Webinar Schedule

### Jan

#### Guest Speaker

Kate Harris from A.Vogel

Support Your Immune System with Herbal Medicine

**Jan. 16th Thurs, 10am**

#### Coaching Skills in Practice

Jo Sayers

Coaching Skills in Practice: Open Q&A Session with Jo

**Jan. 20th Mon, 7pm**

#### Monthly Mentoring Session

Gwen Enright

Mentoring session for Coaches & NTs focused on supporting & strengthening Immunity

**Jan 28th Tues, 7pm**

### Feb

#### Journal Club for NTs

Chen Saat Murphy

In this session, we will analyse an article that challenges our thinking!  
(NTOI CPD 2 pt)

**Feb. 4th Tues, 7pm**

#### Nutrition & Lifestyle Webinar

Helen Mallaburn

Nutrition & Lifestyle for Thyroid Health  
(NTOI CPD 1 pt)

**Feb. 11th Tues, 7pm**

#### Monthly Mentoring Session

Gwen Enright

Mentoring session for Coaches & NTs focused on supporting thyroid health

**Feb. 25th Tues, 10am**

### Mar

#### Grow Your Business Webinar

Vicky Shilling

How to use social media to grow your health business  
(NTOI CPD 1 pt)

**Mar. 7th Fri, 10am**

#### Session to be confirmed

**Mar. TBC**

#### Monthly Mentoring Session

Gwen Enright

Mentoring session 'Choosing Good Quality Supplements'

**Mar. 26th Wed, 7pm**

*\*Timetable is subject to change.*