

JAN - JUN 2022

Webinar Schedule

We are delighted to share the next 6 months of Thrive webinars with you!

Join us for our upcoming sessions hosted by our fantastic team and expert guest speakers with brand-new, practical and insightful webinars. Each live webinar will finish with an open Q&A session at the end, giving you the opportunity to get your questions answered.

Please note, all times listed below are GMT.

JANUARY 2022

Addiction



TUE 11 12 PM

Finding acceptance and happiness with mindfulness and gratitude

MON 17 10 AM

FEBRUARY 2022

Line managers workshop on mental health in the workplace

THU 03 10 AM

Eating disorders/ supporting a loved one with an eating disorder

WED 09 12 PM

Engaging children with mental wellbeing / promoting wellbeing in your schools

THU 10 5 PM

MARCH 2022

Self injury awareness

TUE 01 12 PM

Maternal mental health panel webinar

FRI 25 12 PM

Diversity and inclusion in the workplace

THU 31 10 AM

Register on [eventbrite](#) to get your free tickets!

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APRIL 2022

Understanding autism



FRI 01



12 PM

MAY 2022

Postnatal depression

THU 05

12 PM

Thrive's live meditation session

FRI 20

12 PM

JUNE 2022

Supporting a child with a mental health problem

WED 01

11 AM

Diversity and inclusion in the workplace

TUE 07

12 PM

Switching off for summer

WED 29

5 PM

REGISTER TODAY!



SCAN ME

Register now to get
your free tickets!

Scan the QR code or click the
button above.