

2024

FESTIVE SPECIAL DECEMBER 2024

Supporting you this festive season



BOOK NOW · LIVE TALK · 3 DEC

Financial Wellbeing Over The Festive Period

With Clare Seal



WATCH NOW · VIDEO SHORT · 12 MINS

Instilling Gratitude In Children

With Elaine Halligan



WATCH NOW · VIDEO SHORT · 14 MINS

Nutrition: Thriving Over The Festive Period

With Eli Brecher



READ NOW · EXPERT ARTICLE · 5 MINS

2024: Reflecting On Our Goals

By Clara Wilcox



READ NOW · EXPERT ARTICLE · 6 MINS

Five Ideas To Help You Manage The Mental Load This Festive Season

By Jayne Ruff



Browse our full schedule at worklifecentral.com
and download our app here:

Apple
App Store



Google
Play

