

EVENTS

UNWIND	UNLOAD	COACH	ENRICH	AMUSE
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Focus on self-care to unwind and relax.

Get advice from experts on a range of pandemic problems.

Get in the right mindset to tackle 2021.

Free bite-sized learning on a range of subjects.

Kick back and have a laugh with some fun activities.

sun	mon	tue	wed	thur	fri
14 CAMPAIGN TEASER march	15 CAMPAIGN LAUNCH 10am Instagram Live	16 MOVEMENT FOR MOTHERS 12:30 Instagram Live	17 PERIMENOPAUSE & THE PANDEMIC 10am Twitter Spaces	18 MOVEMENT FOR MOTHERS 1pm Instagram Live	19 SELF-CARE TIPS FOR MOTHERS 12:30 Facebook Live
	PANDEMIC PENALTY PANEL 12:30pm Clubhouse	WIND DOWN FROM THE DAY 8:45pm Facebook Live	WIND DOWN FROM THE DAY 8:45pm Facebook Live	BIG FAT GREEK MOTHER HOSTS 7pm Instagram Live	COCKTAILS WITH THE COFOS 6pm Instagram Live
	22 MANAGING WELLBEING WHEN WFH 10:00 Clubhouse	23 MOVEMENT FOR MOTHERS 12:30 Instagram Live	24 CARING FOR YOURSELF IN A PANDEMIC 12:30 Instagram Live	25 MOVEMENT FOR MOTHERS 1pm Instagram Live	26 COCKTAILS WITH THE COFOS 6pm Instagram Live
	MANAGING WELLBEING WHEN WFH 12:30 Instagram Live	WIND DOWN FROM THE DAY 8:45pm Facebook Live	UNDERSTANDING A GROWTH MINDSET 8pm Facebook Live	WIND DOWN FROM THE DAY 8:45pm Facebook Live	
	29 GET CREATIVE WITH CANVA 12:30-1 Facebook Live	30 HOW TO PIVOT YOUR CAREER WITH HELEN TUPPER 8pm Instagram Live	31 GET HELP WITH JOB HUNTING 8-9pm Facebook Live	1 apr GET CREATIVE WITH CANVA 12:30-1 Facebook Live	2 EASTER COCKTAILS WITH THE COFOS 6pm Instagram Live
	TOP SKILLS & HOW TO LEARN THEM 1/4 8-8:15pm Facebook Live	TOP SKILLS & HOW TO LEARN THEM 2/4 8-8:15pm Facebook Live	TOP SKILLS & HOW TO LEARN THEM 3/4 8-8:15pm Facebook Live	TOP SKILLS & HOW TO LEARN THEM 4/4 8-8:15pm Facebook Live	
5	6 TURN YOUR BUSINESS IDEA INTO A REALITY 11.30am Instagram Live	7 TOP DIGITAL TOOLS SLACK 1pm Facebook Live	8 TOP DIGITAL TOOLS GOOGLE SUITE 1pm Facebook Live	9 COCKTAILS WITH THE COFOS 6PM Instagram Live	
	HOW TO BE MORE CONFIDENT 8-9pm Facebook Live	HOW TO BOUNCE BACK FROM REDUNDANCY 12:30-1:30 Facebook Live	HOW TO BE MORE ASSERTIVE 8-9pm Facebook Live	BIG FAT DIGITAL MUMS QUIZ featuring Timbelina 730 PM.	