

Online Wellbeing Learning Programmes

Now more than ever, it's important to stay connected and feel supported. Our expert online wellbeing training is tailored to help your teams meet the challenges of the present, and equip them with the tools for the future.



Developed by Dr David Cameron, Inspire Clinical Lead Psychologist and renowned Mindfulness Practitioner Frank Liddy, the Inspire Mindfulness Institute provides a range of innovative mindfulness-based and compassion-focused services, grounded in practice that build resilience, provide support and improve performance in individuals, workplaces and throughout communities.



Introduction to Mindfulness

Frank Liddy, Inspire Lead Mindfulness Practitioner

Learn the principles of mindfulness practice, promote resilience and positive self-care by understanding and developing a compassionate self-awareness.

Available as a live webinar

Mindfulness Based Stress Reduction

Frank Liddy, Inspire Lead Mindfulness Practitioner

Understand bodily reactions to stress and learn how to manage stressful situations and interactions to promote positive interactions, resilience and wellbeing.

Available as a live webinar

Mindfulness 6-Week Programme

Frank Liddy, Inspire Lead Mindfulness Practitioner

With an introduction to mindfulness theory and practice, learn to decrease and manage stress, sharpen focus and concentration, and build resilience through mindful creativity. An optional 7 & 8 wks explores cultivating compassion and care

Available as live webinars

Managing Stress and Anxiety

Stephen Wray, Inspire Senior Associate Consultant

Enhance your understanding of stress and anxiety and take practical action. Consider and identify their causes, signs and symptoms, and realise how we can look after our own health and wellbeing during COVID-19 and other times of unexpected trauma.

Available as a pre-recorded session

Sleep Clinic

Anne Costello, CEO 'Wellness for Life'

Learn the importance of sleep and how to manage sleep difficulties, along with the signs and symptoms of sleep deprivation. Understand the sleep cycle and develop strategies to create the right routine for a good night's sleep.

Available as a pre-recorded session

Managing your Time Effectively When Working from Home

Jenny McConnell, Executive Coach, and Facilitator

Create a quality environment to help you focus, understand your unique working preferences for optimal productivity and manage your and others' expectations around communication. Clarify priorities and strengthen your boundaries committing to positive habits and next steps.

Available as a live webinar

Unlock Greater Team Resourcefulness From a Distance

Jenny McConnell, Executive Coach and Facilitator

Understand the first principles underpinning empowered thinking and how to role model an innovative, 'fail often, fail fast' approach. Get clear on your and others' needs, and practise asking powerful questions that unleash resourceful behaviours.

Available as a live webinar

Resilience and Wellbeing in Uncertain Times

Jenny McConnell, Executive Coach and Facilitator

Identify your unique strengths, stressors and needs, and understand ways to adjust to make yourself more robust and effective. Learn the important role of connection to self and other and commit to next steps that will sustain your energy, mindset and impact.

Available as a live webinar

Get the Best out of your Virtual Team

Jenny McConnell, Executive Coach and Facilitator

Leverage the 'remote leadership' model, providing meaningful connection, communication, consistency and structure. Create a cohesive, high-performing team that knows what success looks like, while developing growth opportunities for your team.

Available as a live webinar



To learn more about our online training, email: enquiries@inspirewellbeing.org