



Sysco have teamed up with the VHI to bring some fantastic webinars this International Women's Day.

REGISTER IN ADVANCE AS PLACES ARE LIMITED

8th MARCH
INTERNATIONAL
Women's
DAY

The Sysco Ireland IMPACT ARG invite you to celebrate International Women's Day with them.

"WHAT ON EARTH DO WE WEAR NOW IN THIS NEW WORLD AND DOES IT REALLY MATTER?"

09:00–09:30 am

This session will cover: self-confidence to standing up and being heard; celebrating your difference using clothes for self-expression, representing who you really are and reinforcing your personal brand; demonstrating approachability and inclusivity; returning to work and what to wear now.

[Click Here to Register](#)

Platform: Zoom

"BREAKING THE BIAS- A PANEL DISCUSSION"

Platform: WebEx

12:00–01:00 pm

Join Host & Former Olympian David Gillick as he chats to our panel about this year's theme of breaking the bias and what steps we can all take in breaking gender bias. Panelists include: **Joy Neville** – Former Ireland international Rugby Player; **Jacqui Hurley** – Author, Broadcaster & RTE Sports commentator & **Karen Belshaw** – Psychologist & Stress Management Expert.

To Register Visit [Click Here](#) and Enter

Event ID: 2733 692 3586 Event Password: Wellness2022

JOURNALING FOR WELLBEING WITH KERRITH O'FEE

02:00–02:45 pm

Journaling can be life changing practice as it can help improve your physical, mental & emotional wellbeing. It is a powerful practice that enhances and supports your wellbeing journey. In this session you will learn how journaling benefits your wellbeing from a holistic perspective & the different forms of journaling. By the end of this session you will know how you can get started and begin improving your own wellbeing through the practice of journaling.

[Click Here to Register](#)

Platform: Zoom

