

# Post-Webinar Resource Sheet

## for: Brew Monday: Pause, Reflect, and Reconnect

Want to know what you've missed?

Please read through this post-webinar handout, to see the list of all of last year's webinars



Watch all of these episodes for free on our [Vimeo](#).

### EP#22 National Grief Awareness Week

With Anatasia Vinnikova, Andrea Powell, Jon Salmon

### EP#21 Anti Bullying Week

With Joe Sheerer from Amy Winehouse Foundation

### EP#20 Speaking Up, Leading Change: When Whistleblowing Isn't Just Blowing in the Wind

With Jon Lee

### EP#19 Episode Highlights World Mental Health Day 2025

### EP#18 Your Mind Matters: The Importance of Learning and Mental Wellness

With Mark Malcomson

### EP#17 Built Environments And Our Mental Health

With Anastasia Vinnikova

### EP#16 International Friendship Day. Chance Encounter

With Tesse Akpeki

### EP#15 Men's Health Week 2025

With Dr. Farah Macdonald

### EP#14 Mental Health Week 2025 The Power Of Community And The Courage To Talk

With Clare Neil

### EP#13 De-Stress And Celebrate National Tea Day With Jon Lee Tea And Me!

With Jon Lee

### EP#12 International Day of Happiness, The Lost Paths

With Jack Cornish

### EP#11 Inspiration Inclusion And Empowerment For International Women's Day.

With Tesse Akpeki & Jess Baker

### EP#10 Workplace Spectrums Embracing Neurodiversity for Inclusive Success

With Anna Price

### EP#9 Post Holiday Finance Blues

With James Henson

### EP#8 Rebuild Your Resilience Through Mindfulness

With Jon Lee