Spring into Health - Inspiring Healthy Lifestyles

2pm – 3:30pm on 1st March 2021



FOWLS are organising a TED style talk next week all about inspiring healthy lifestyles which will have a series of 10-minute mini-talks on the theme of health offered by members of school community who specialise in Health industry. The topics covered will include building healthy habits to help physical, mental, emotional and spiritual health, followed by a Q&A session.

All parents and children are invited to this virtual event which will be held on March 1, 2021 from 2pm onwards. Please write to us if there is any specific topic you would like the speakers to talk about and we would try and make it happen.

SPEAKERS, TOPICS and SCHEDULE

Introduction by Mr Dees – 2:00 – 2:05PM

How to Calm our Tricky Emotions – 2:05 – 2:15PM



Speaker: Mrs Nasser
Class teacher at West Lodge Primary School & Children's Mindfulness teacher.

Understanding a Child's Behaviour 2:15 – 2:25PM



Speaker: Namita Bhatia
Cognitive Behavioural Hypnotherapist & NLP Practitioner.
She is also a Stress Management & Resilience Building Coach.
www.alignedmindset.co.uk

Importance of Sports 2:25 – 2:35PM



Speaker: Damian Nevins
Sports coach for 14 years and has been teaching PE at West Lodge for 10 years.

High Thinking, Inspired Living 2:35 – 2:45PM



Speaker: Shahn Ahmad
A Dru Yoga and Meditation teacher aiming to make yoga, and its transformational benefits, accessible to all.
www.druyoga.com

We are What We Eat - Simplifying Nutrition 2:45 – 2:55PM



Speaker: Dr Ruchira Karunadasa
He has spent the past 12 years in general practice as a partner, prior to which he was a surgical trainee. He focuses on holistic healthcare in the private sector and is Director and Founder of a Corporate private healthcare company and a CBD company called Dr K CBD.
https://privatemedicals.co.uk/ | https://drk-cbd.co.uk/

Move Yourself Happy 2:55 – 3:05PM



Speaker: Beatrice Bernstein
Internationally recognized Mind-Body Wellbeing Coach and professional dancer and choreographer with over 20 years of experience.
www.bespokebeatrice.com

Health and Fitness 3:05 – 3:15PM



Speaker: Will Wells
PT and Bootcamp instructor based in Pinner.
www.willtotrain.co.uk

Q&A SESSION 3:15 – 3:30PM