

Calendar of talks

Denise Yeats delivers a series of themed talks and webinars either solo, or in collaboration with colleagues including mental fitness coaches, sleep experts and nutritionists. Some of these themes are outlined below, or bespoke talks can be tailored to your requirements.

JANUARY

Fit for Life

Realising your strength at any life stage, for year round health

FEBRUARY

National Heart Month

Heart health for women: Exercise strategies for cardiovascular health

MARCH

International Women's Month

Empowering women: Navigating hormonal changes

APRIL

Stress Awareness Month

Managing stress through exercise and cold water therapy

MAY

Women's Health Week

Understanding hormonal fluctuations and their impact on training

JUNE

Midsummer Reset

Recharge, reclaim: Training smarter for lasting change

JULY

World Wellbeing Week

Holistic approaches to wellbeing for women

AUGUST

Balanced Holidays

Easy strategies for balancing responsibilities through exercise and mental wellbeing

SEPTEMBER

Thriving Through Change

Using fitness and mental health techniques to enhance productivity

OCTOBER

World Menopause Day

Menopause: Reset, recharge, reclaim your vitality

NOVEMBER

Winter Wellbeing

Sleep, energy, exercise, and menopause management during the darker days

DECEMBER

Seasonal Support

Nutrition and exercise support strategies for the festive season