

Wellness Watch On-Demand

Monthly Seminars – 2026

Boost Employee Wellness with **GoodLife’s 30-minute On-Demand Monthly Seminars, 15-minute On-Demand Monthly Classes**
1 month of unlimited viewing for your team members

Seminars \$499.00 + tax each for 4 weeks’ recording access in both English and French	
September Available for the month of September, 2026.	Seminar: Optimizing Sleep for Energy and Success with Nathalie Lacombe The crucial role of sleep, in managing fatigue, stress and well-being is the focus of this seminar. Learn evidence-based strategies to optimize our sleep patterns and cultivate resilience in the face of demanding schedules. From understanding circadian rhythms to implementing sleep hygiene practices, this workshop provides the tools we need to improve the quality of our sleep and thrive both personally and professionally.
October Available for the month of October, 2026.	Seminar: Teamwork and Wellbeing in Every Workplace with Nathalie Lacombe Work environments are changing, but human needs remain the same: feeling good, connected to others, and engaged in one’s work. This seminar focuses on what fosters teamwork and well-being, both individually and collectively, in every workplace environment. Through a practical approach, participants will discover ways to adapt their work methods to preserve their energy, foster positive relationships, and contribute to a motivating work environment every day.
November Available for the month of November, 2026.	Seminar: Fitness Made Simple: A 5-step Approach with Luke Woolliscroft and Marie-Eve Ricard If your busy schedule restricts you to less exercise than you’re used to, don’t wait for more time, start with less. Incorporate at least ten minutes of purposeful physical activity into every day. Exercise energizes, and once you make these 5 steps a regular part of your day, you will start to feel less sluggish and more energized.

- **Flexible:** Accessible 24/7, allowing all employees to learn at their own pace, with seminar handouts provided
- **Inclusive:** Content available in both English and French
- **Expert-Led:** Learn from Subject Matter Experts

Contact us for more information: workplacewellness@goodlifefitness.com