

Fast Forward your wellbeing

Re-emerge for business

Develop tools and strategies to become stronger, richer in character and better positioned to flourish

Re-framing your mindset is integral to emotional growth and good mental health.

This workshop will provide your business with the tools and strategies to help your people deal with stress and learn to thrive.

Thursday 27 May, 9.30 to 11.30am

Online workshop

Free, booking essential

Facilitated by Dave Burt, SALT

BOOK NOW

Chaos to calm

Learn from 'The Essentialists' pioneering the way that Australians manage stress, mental health and wellbeing

Stress, sleep deprivation, burnout. It's time to rethink this equation as an unavoidable reality of modern life.

This workshop will show you practical ways to take your health, wellness and productivity to all-new levels.

Friday 28 May, 9.30 to 11.30am

Online workshop

Free, bookings essential

Facilitated by Shannah Kennedy and Lyndall Mitchell, The Essentialists

BOOK NOW

The Friday Arvo

Fast track your local business connections

Farewell the working week and connect with like-minded business owners at this interactive networking event and cheese tasting experience.

This is networking with a difference and a gourmet delight all rolled into one memorable experience.

Friday 28 May, 3 to 5pm

The Suburban, Ringwood Town Square, Ringwood

\$30, includes tasting plate and a drink on arrival

Presented by BizHub Maroondah

BOOK NOW

Maroondah Business Group

Network with your local business group

Join us for an evening of networking opportunities and conversation with your local business community, the Maroondah Business Group.

Tuesday 2 June, 5.30 to 8pm

The SEBEL Melbourne Ringwood, Ringwood

From \$50, includes dinner

Presented by Maroondah Business Group

BOOK NOW

Book online at
maroondahbizweek.com.au

#MaroondahBizWeek2021

BizHub



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