

# October Events 2025



8<sup>th</sup>

**Tackling your Mental Wellbeing: In conversation with Richie Sadlier** Time: 12:30-13:30

Join Aisling O'Reilly & Richie Sadlier for a live webinar in celebration and discussion of mental health. In this webinar, Richie aims to share insights and strategies for maintaining mental wellbeing in today's fast-paced world. Richie is an Irish former professional footballer, sports pundit, psychotherapist, author, podcaster and dad. He draws on his personal experiences growing up, life as a young footballer, his unhealthy coping strategies following retirement and the journey that shaped who he is today.

Together with host Aisling O'Reilly they explore tools for building resilience, normalising conversations around mental health and tackling the stigma associated with it.



[Register here](#)

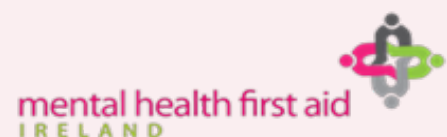
10<sup>th</sup>

**World Mental Health Day: Spotting the Signs and Starting the Conversation**

Time: 12:00-12:40

In celebration of World Mental Health Day, join us for a webinar, hosted by Donal Scanlan, Head of Mental Health First Aid Ireland. This webinar aims to blend lecture, discussion and Q&A to help participants understand mental health challenges, recognise barriers to help-seeking, identify common triggers and spot signs and symptoms. Attendees will also learn how to engage in supportive conversations and access internal and external supports.

This session offers practical insights into mental health in the workplace, empowering individuals to foster a mentally healthy work environment through awareness, empathy and action.



[Register here](#)

**Additional notes:** Please note registrants will receive the event recording shortly after each event.

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## 16<sup>th</sup> Understanding Menopause with Henpicked

Time: 12:00 -12:30

Menopause affects us all whether someone is experiencing it directly or supporting a family member, friend or colleague. While some transition smoothly, 3 in 4 experience symptoms and 1 in 3 of those face serious ones, yet nearly half have never consulted a healthcare professional. Please join our webinar, 'Understanding Menopause' facilitated by Breda Bermingham of Henpicked - Menopause in the Workplace.

In this educational and engaging session, we'll help you understand what menopause is, how to recognise the symptoms and how someone may be affected by menopause. We will explore the different options available to manage symptoms and long-term health, as well as the supports available and how to access them, both at work and at home.



[Register here](#)

## 23<sup>rd</sup> Understanding Endometriosis: Symptoms, Diagnosis, and Treatment Time: 12:00 -12:30

This webinar offers a comprehensive look into endometriosis, what it is, the signs and symptoms to watch for and what may cause it. Hosted by Christine Lane, a nurse and midwife with 16 years of experience in the NHS, who later went on and founded My Holistic Midwife, which offers personalised pregnancy supports. She also works with MAM BABY UK as a Mum Talks ambassador.

We'll explore how the condition is diagnosed, current treatment options and the challenges many face in its management. The session will also provide guidance on self-advocacy in medical settings and connect attendees with helpful resources for ongoing support.



[Register here](#)

**Additional notes:** Please note registrants will receive the event recording shortly after each event.