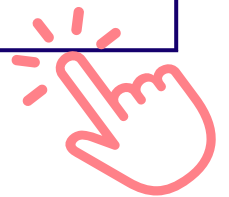


My Connected Club Planner

October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	7pm 3 <u>Strategy Group</u>	4	6pm 5 <u>Support Group</u>	6	7
8	4:30pm 9 <u>CPD Accredited Webinar</u>	10	11	6pm 12 <u>Support Group</u>	13	14
15	16	7pm 17 <u>Strategy Group</u>	18	6pm 19 <u>Support Group</u>	20	21
22	23	1pm 24 <u>Free Live webinar</u>	6pm 25 <u>Anxiety & Revision Webinar</u>	6pm 26 <u>Support Group</u>	27	28
29	30	7pm 31 <u>Strategy Group</u>				



BST

Live Events

Join us live for more points!



- 3rd: Strategy Group 7pm - 8pm
- 5th: Support Group 6pm-7pm
- 9th: CPD Accredited Webinar 4:30pm-5:30pm
- 12th: Support Group 6pm - 7pm
- 17th: Strategy Group 7pm - 8pm
- 19th: Support Group 6pm - 7pm
- 24th: Free Webinar 1pm - 2pm
- 25th: Anxiety & Revision Webinar 6pm - 7pm
- 26th: Support Group 6pm - 7pm
- 31st: Strategy 7pm - 8pm

Habits to nurture

-
-
-
-
-

October's resources

Click link to begin

- Neuro-Insight Module: Dopamine & Decision-Making
- Brain-Boost Module: Pace Yourself: Getting to the end of the year in one piece
- Toolkit: Planning & Prioritising Toolkit
- Podcast recommendation: Hacking Dopamine & Simple Ways to Improve Your Brain Health

