

# IINHUB

## Webinar Schedule

### July

#### Guest Speaker

Lyda Borgsteijn

Marathon Nutrition: Strategies for Training, Taper, and Race Day (NTOI CPD 1pt)

**Jul. 16th Wed, 7-8pm**

#### Business Club

Pippa Dennehy

Practicalities of Setting up As a Health Coach: In-person vs Online Clinics with Q&A

**Jul. 22nd Tues, 10-11am**

#### Monthly Mentoring Session

Gwen Enright

Medications in Practice: Clinical Insights for Nutritional Therapists (NTOI CPD 2pt)

**Jul. 29th Tues, 7-9pm**

### August

#### Monthly Mentoring Session

Colman Power

Organic Health Hacks - Grounding, Organic Food, Exercise and Sleep

**Aug. 5th Tues, 7-8pm**

#### SCHC Grad Practice Group

Julia Sweetman

Aimed at those who've completed the SCHC course, although everyone is welcome

**Aug. 20th Wed, 7:30-8:30pm,**

#### Guest Speaker

Kate Harris - A.Vogel

Herbal Support for Stress & Sleep

**Aug. 28th Thurs, 10-11am**

### September

#### Guest Speaker

Juan Lainez

Supplements for Supporting Immunity

**Sept. 10th Wed, 7-8pm**

#### Coaching Skills

Denise Wogan

Food Addiction or Adaptive Coping? Exploring the Biopsychosocial Roots of Eating Behaviours and Pathways to Change

**Sept. 17<sup>th</sup>, Wed, 10-11:30am**

#### Monthly Mentoring Session

Gwen Enright

Mentoring session for Coaches: Skin Deep; Practical Coaching Strategies for Psoriasis, Acne & Skin Health (NTOI CPD 1.5pt)

**Sept. 24th Wed, 10-11:30am**

*\*Timetable is subject to change.*