

FREE WELLBEING WEBINAR

Body – Mind – Spirit

Promoting your own wellbeing during Covid-19

Join WhyNot and the Y as we talk through some practical strategies to stay safe and well during Covid-19.

11.00, Wednesday 13 May 2020

Register for our free event by [clicking here](#)



Our Facilitators



Lauren Pollock

After stumbling through a business degree and reluctantly starting a law degree, Lauren finally found her feet in the world of creatives and chatterboxes, enthusiastically finishing a degree in Communications. Lauren discovered an appetite for sharing interesting stories and innovative ideas that excite and inspire. Currently she spends her days working with the WhyNot? Editorial Committee to deliver content for young people that is both relevant and thought provoking, building an online community of like-minded, inspired and passionate individuals.



Phil Doorgachurn

Phil has had an extensive career in safeguarding children and young people, working in child protection and managing Arsenal FC and British Tennis' Safeguarding Teams. During this time, Phil has become an advocate for promoting wellbeing and helping individuals to achieve their goals by empowering them to be the best version of themselves.