

# My Connected Club Planner

## September 2023



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



BST

### Live Events

Join us live for more points!



- 5th: Strategy Group 7pm - 8pm
- 7th: Support Group 6pm-7pm
- 12th: Free Webinar 1pm - 2pm
- 14th: Support Group 6pm - 7pm
- 19th: Strategy Group 7pm - 8pm
- 20th: Livecast 1pm - 2pm
- 21st: Support Group 6pm - 7pm
- 28th: Support Group 6pm - 7pm

### Habits to nurture

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### September's resources

Click link to begin

- Neuro-Insight Module: Stress and Executive Functioning
- Brain-Boost Module: 5 brains-5 work-life balance hacks
- Toolkit: Work-Life Balance
- Podcast recommendation: Breaking the Habit of Busyness

