



BRYONY GORDON
Author: Mad Girl

JASON FOX
SAS: Who Dares Wins

REBECCA ADLINGTON
Olympic Swimmer

DR RUPY AUJLA
The Doctor's Kitchen

Rail Wellbeing Live 17 & 18 November 2021

CREATING A HAPPIER AND HEALTHIER FUTURE FOR YOUR COLLEAGUES

What is Rail Wellbeing Live?

Rail Wellbeing Live is a **FREE** online-event that brings the industry together to focus on our health and wellbeing. It's a two-day online event where anyone can 'pick and mix' what they want to do, and dip in and out when they like. Last year's inaugural event was a huge success that attracted 140 speakers and over 10,000 attendees.

This year's speakers will include Jason Fox on resilience, Rebecca Adlington on work-life balance, Bryony Gordon on mental health and Dr Rupy Aujla on eating well. There will also be sessions on practical topics, such as how to eliminate aches and pains with yoga, tai chi and exercise classes.

Ensuring frontline are on board

This year there are sessions at 10pm on both days, covering topics including nutrition and fatigue. We'll also discuss mental health, resilience and post-traumatic stress disorder. And there will be classes to help with all those aches and pains. Every session will be available on-demand for two weeks, so anyone who can't down tools at a certain time can still catch up.

Four engaging themes for 2021

- **Inspiration** – Health and wellbeing talks to inspire your wellbeing journey
- **Leading Wellbeing** – For managers and leaders who want to set the foundation for a healthy workplace
- **Healthy Lives** – An interactive and practical programme where you can try out new things and learn how to improve your physical and mental health
- **Industry Best Practice** – Best practice sessions from within the railway family; with new wellbeing ideas and initiatives to take back to your own company



Rail Wellbeing LIVE
Inspiring healthy lives across the railway



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You can make a difference

There are a number of ways in which you can help us promote the event to your colleagues.


Download and print our posters to display in offices and depots.

Use the Rail Wellbeing Live social media assets across your own social media channels – suggested social posts are provided below.

Encourage your colleagues to sign up by adding our email footer to your signature strip.


You can download all of our campaign assets by accessing this [WeTransfer link](#) or following this [Dropbox link](#).

Example social posts




If you work in rail, join Rail Wellbeing Live 2021 online for tips on how to boost your health and wellbeing with an exciting 'pick and mix' programme. Register for free now <https://bit.ly/RWL2021> #RailWellbeingLive

Registration is open now



Register by 30 September for this year's Rail Wellbeing Live on 17 and 18 November 2021 and you could be in with a chance of winning top prizes. Sign up now for your free place at <https://bit.ly/RWL2021> #RailWellbeingLive

Sign up now
www.railwellbeinglive.co.uk



If you work in rail and have a colleague who's gone above and beyond to promote health and wellbeing, don't miss your chance to nominate them for the Wellbeing Hero Award. Register to nominate at <https://bit.ly/RWL2021> #RailWellbeingLive

Sign up by 30 September for a chance to win top prizes

Poster you can download



Rail Wellbeing Live
17 & 18 November 2021

CHOOSE FROM 75 FREE SESSIONS TO HELP YOU LIVE A HAPPIER, HEALTHIER LIFE

Rail Wellbeing Live is a chance to get together online to focus on our health and wellbeing.

It's a two-day virtual 'pick and mix' event where you can dip in and out when you like, picking sessions that are the most relevant and interesting to you.

Get practical tips on things like work-life balance, eating well and coping with stress. And learn exercises to help with everyday aches and pains.

Celebrity speakers include British Olympic medalist Rebecca Adlington OBE, who will answer your questions on what she's learned about maintaining a healthy work-life balance. Plus, former Royal Marine Jason Fox will tell us what he's learned about coping in challenging times. Bryony Gordon, author of *Mad Girl*, will be delivering a session on mental health called 'No such thing as normal'. You can also hear from Dr Rupy Aujla, who will be sharing hacks for eating well on the go.

Registration is FREE.
Sign up **by 30 September** to win top prizes

- Pack of ten British Military Fitness classes*
- Fitbit Luxe
- Lululemon Reversible Yoga Mat
- 20kg Spinlock Dumbbell Weight Set
- One-year subscription to Men's Health OR Women's Health magazine

Recognise an exceptional colleague by entering them for the Wellbeing Hero Award

Scan the QR code and register today

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www.railwellbeinglive.co.uk

*Please check there is a convenient class near your home before entering the prize draw.

GET IN TOUCH

For more information, please contact
comms@railwellbeinglive.co.uk