

There's More



You can benefit from the team's knowledge online

www.flourishltd.com



Every week Phil Dobbie and Lainy Russell give you bite sized quick tips and hacks to make work life a little easier

Connect with Lainy on LinkedIn



Phil is a radio broadcaster and podcaster. Presenting the Morning Call for the National Australia Bank every day since 2016 and it now attracts a weekly audience of 50,000+ people. Phil has presented

over 5,000 podcasts, fronting lively, topical and humorous programs on numerous radio stations, including TalkRADIO, LoveSport, BBC Radio Solent, Radio Tees, Sydney's 2UE and (for 15 years) 2NSB.

The chat can also be heard on Wey Valley Radio where both Lainy and Phil have regular shows
Phil Mondays 10.00am and Lainy Sundays 6pm
www.weyvalleyradio.uk

Ruth, our Mental Health Expert appears monthly on Lainy's show, so watch out for an hour long show on key important topics



Examples;
ADHA
Eating disorders
Autism
Social media affects
Anxiety
OCD

