



Top Up Together: Strengthening wellbeing through connection

Short Description:

Top up your wellbeing through connection—join us for practical tools and insights this World Mental Health Day.

Long Description:

Top Up Together: Strengthening Wellbeing Through Connection
World Mental Health Day webinar

This World Mental Health Day, ignite invites you to join psychologist Shaun Bowler for a powerful conversation on how we can strengthen our wellbeing—together.

In this session, we'll explore the five ways to wellbeing and how to weave them into everyday life in simple, meaningful ways. We'll focus on the power of connection—because research shows that when we top up our wellbeing as a community, the benefits are deeper and longer-lasting.

Whether you're looking to boost your own wellbeing or support those around you, this webinar will leave you with practical tools, fresh perspectives, and a renewed sense of what it means to thrive—together.

Let's top up, together.

Shaun Bowler is a Chartered Organisational Psychologist with extensive experience in organisational development, business, and management. He has held senior roles at the Dairy Board, Statistics New Zealand, EECA, and KPMG, and has supported hundreds of organisations as a consultant. Shaun is a skilled facilitator, offering diagnostics, workshops, coaching, and supervision to help build positive workplace culture and performance. He regularly delivers wellbeing-focused webinars and holds an MSc (Hons) in Psychology from the University of Auckland. Based in Tāmaki Makaurau Auckland, Shaun also brings global perspective from his volunteer work in the Solomon Islands.

Who are ignite?

Ignite's core purpose is to make mental health and wellbeing support accessible, flexible, and proactive by connecting people with real, vetted professionals who can help.

It's never been easier to access mental health and wellbeing support via ignite. Whether you're an individual or an organisation looking for a better way to support the mental wellbeing of your people.

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