

An interview with Alanah Hammond from Myles Wellbeing - TAB U Podcast LIVE - S3 E8 - #TABUniversity

Podcasts

30.11.22

Welcome to TAB University podcast season 3. For this season, we've changed things up and all 16 episodes were recorded live at TAB University LIVE podcast at the Finance Professional Show 2022.

For episode eight, TAB U host Katrina Hindley, head of marketing at TAB, was joined by Alanah Hammond who was at the Finance Professional show representing Myles Wellbeing. Alanah, currently a student at York University, was at the show to find out what wellbeing plans each company had in place. She agrees that open and honest communication is the first step to achieving a culture of wellbeing in the workplace.

Watch the rest of our podcasts and subscribe to TAB University podcast here:

https://www.youtube.com/channel/UCB5YHbp_9xpewlHWeTiqB8w

Make sure you follow us on socials to be the first to know when there's a new episode available:

LinkedIn - <https://www.linkedin.com/company/tabldn/>

Facebook - <https://www.facebook.com/tabhq>

Twitter - <https://twitter.com/tabldn>

Instagram - <https://www.instagram.com/tabldn/>

Show links:

Myles Wellbeing: <https://www.myleswellbeing.com/>

LinkedIn: <https://www.linkedin.com/company/myleswellbeing/>

Facebook: <https://www.facebook.com/MylesChallenges>

Twitter: <https://twitter.com/myleswellbeing>

Instagram: <https://www.instagram.com/myleswellbeing/>

TAB: <https://tabhq.com/tab-university/podcasts>

Watch the full video, or find us on your usual podcast channels!

- [Anchor](#)
- [Google Podcasts](#)
- [Apple Podcasts](#)
- [Overcast](#)
- [Spotify](#)

Listen to other episodes of TAB University podcast here:

- [An interview with Ambrish Agarwal from Esteema Capital Partner](#)
- [An interview with Danny Sovitch from Life Financial Solutions](#)
- [An interview with Nick Moss from Allica Bank](#)
- [An interview with Bradley Haylock from GCB Recruitment](#)
- [An interview with Ben Scodeller from Club London at West Ham](#)
- [An interview with MIMHC co-founder Jason Berry](#)
- [An interview with Mortgage Solutions and Specialist Lending Solutions](#)
- [Architect](#)
- [Commercial property investment](#)
- [Debt advisory](#)
- [Receivership and restructuring](#)
- [Airspace development](#)
- [Auction house](#)
- [Real estate finance solicitor](#)
- [Monitoring surveyor](#)
- [Property finance and the media](#)
- [Specialist finance](#)
- [First time mortgages](#)
- [First time buyers](#)

- Evaluate | Locate
- Conveyancing
- Mortgages and financial protection
- Venture capital
- Leisure and hospitality
- Care homes
- Accounting
- Pensions
- Demolition
- Underwriting
- Property development
- Bridging loans
- Property investment

Capital is at risk. Property values can go down as well as up. Borrowers may default and investments may not perform as expected. Interest and income are not guaranteed. Returns may vary. You should not invest more than you can afford to lose. TAB is not authorised by the Financial Conduct Authority. Investments are not regulated and you will have no access to the Financial Services Compensation Scheme (FSCS) or the Financial Ombudsman Service (FOS). Past performance and forecasts are not reliable indicators of future results and should not be relied on. Forecasts are based on TAB's own internal calculations and opinions and may change. Investments are illiquid. Once invested, you are committed for the full term. Tax treatment depends on individual circumstances and may change.

You are advised to obtain appropriate tax or investment advice where necessary. Understand more about the key risks [here](#).

TAB is a trading name of TAB London Limited. Registered in England and Wales with registration number: 11225821 and whose registered office is at 101 New Cavendish Street, London W1W 6XH.