

AWARENESS DAYS

How it works?

For 2022, we are focusing on diversity and flexibility, as we know one size does not fit all! We will be supporting you with a variety of webinars, Panel discussions, Q&A's and in-office services on a range of diverse topics, in keeping with each awareness month. All sessions are flexible and adaptable for your companies needs; you can experience a taster session of up to 30 minutes or immerse your employees in up to 90- minutes of activities, training and interactive fun!

All sessions can be delivered virtually or in-office, supporting a maximum of up to 60 employees virtually and 30 employees in-office.



JANUARY

- Dry January
- Blue Monday
- 24th International Day of Education

Session: Big Changes, Small Steps

Starting healthy behaviours is one thing but embedding them into your daily routine is a different challenge. Join our interactive webinar with our leading mental health coach, who will teach you tips on creating positive mental health routines that are easy to implement into your day, with effective results.

Session: S.A.D Seasonal Affective Disorder, also known as the winter blues. Due to the lack of sunlight and cold weather, it's normal sometimes to feel down, anxious and lethargic. This meditation is meant to support our physical, mental and emotional state by exploring body relaxation, affirmations and intention setting to help you feel grounded.

MAY

- 15th International Day of Families
- 16th-22nd Mental Health Week
- 20th World Meditation Day
- 11th National Staff Network Day

Session: Mental Health Week

During this session, we will focus on three key topics; **1.** learning how to alter our thoughts to promote good mental health and build resilience. **2.** Setting boundaries in challenging times **3.** Developing the confidence to ask for help.

Session: World Meditation Day

Join our Q&A with our mindfulness teacher about the different types of meditation and their benefits; then enjoy a guided meditation combining some key mindfulness elements.

Session: World Mental Health Day

Develop the tools and confidence to spot the signs and symptoms within ourselves and teams and build effective strategies to have positive, solution-focused conversations about mental health.

FEBRUARY

- LGBTQ* History Month
- 13th Time to Talk
- National Heart Day

Session: Time to Talk

This session will focus on understanding mental health, breaking down the stigma by having an open conversation about the different types of mental health and learning practical tools that can help us approach the conversations and spot the signs and symptoms in ourselves and teams.

Session: LGBT History Month

This session will focus on the history of the LGBTQ* movement and their fight for equal rights, justice and acceptance. We will look at key trailblazers and activists such as Marsha P Johnson, who started the movement and the incredible work they did to bring it to where it is today.

JUNE

- 5th World Environment Day
- 8th-15th Bike Week
- 14th-20th Men's Health Week

Session: Men's Health

Help raise awareness of preventable health issues and encourage men to seek professional advice for health-related problems. Understand what they are and where to find support.

OCTOBER

- Global Diversity Month
- 10th World Mental Health Day
- Back Care Awareness Week (TBC)
- 18th World Menopause Awareness Day.

Session: Back Care Awareness Month & Self-Care Day!

What better way to indulge in some self-care than a massage? Treat your employees to a 15-minute acupressure chair massage to reduce tension in the upper body and back.

Session: Menopause Awareness Month

Let's talk about Menopause. This session will focus on removing the stigma around menopause, women's experiences, how we can better support our women at work, and the available support options to help improve health and well-being.



MARCH

- 1st Xero discrimination Day
- 8th International Women's Day
- 18th World Sleep Day
- 20th International day of happiness
- 14th-20th Neurodiversity
- 14-20th Nutrition and Hydration Week

Session: Xero Discrimination Day

Join our interactive session with our leading Inclusion and Diversity coach. The session will look at numerous types of discrimination that occur in society and what can be actively done to raise awareness, support those affected, and work towards eliminating them in the workplace and beyond.

Session: Mindfulness and Sleep

In this session, we will explore why sleep is so important, how to improve your sleep hygiene and find out how your body's natural circadian rhythms determine the optimal time to sleep and rise. We will finish with an example of a meditation that will have you drifting off into a blissful night's sleep.

International Women's Day

Join our panel discussion with some fabulous women, hear their stories of success and how they have navigated a male-dominated world and risen to the top of their careers.

Session: Nutrition & The Immune recipe

You will explore how to create a healthy eating pattern and choose the right food to boost your immunity and brain function, delivered by our expert nutritionist in neurological function.

JULY

- 4th Thank You Day
- 24th International Self-Care Day

Session: Thank you, Day! Mindful Gratitude

When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. Join our mindfulness session and take part in a guided gratitude meditation workshop.

Session: Self-Care Day! Wellbeing & Aromatherapy

Guided by our amazing aromatherapist, you will explore the wonders of essential oils and other aroma compounds and how they can be used to improve psychological or physical well-being and implement simple and effective self-care rituals and routines into your daily life.

Session: Global Diversity Month

Promoting and supporting diversity in the workplace is an essential aspect of good people management - it's about valuing everyone in the organisation as an individual. However, to reap the benefits of a diverse workforce, it's vital to have an inclusive environment where everyone feels able to participate and achieve their potential and hear from our D&I consultant on how to create inclusive working environments.



APRIL

- 7th World Health Day
- 22nd Earth Day
- Stress Awareness Month
- 29th April: On your Feet Britain

Session: Stress Awareness

What is stress, and how does it affect us mentally and physically? This session will also focus on recognising stress and practical tools to help manage stress and create effective self-care strategies to balance a hybrid working life.

Session: World Health Day

This session will focus on raising awareness around health from a holistic perspective and encouraging participants to take a proactive approach to their health and develop healthy routines that are sustainable and effective.

Session: Grounding to The Earth

Learn the art of grounding meditation; with the support of our mindfulness teaching, you will learn specific breathing and grounding techniques to help you feel more stable and grounded to the earth.



Session: Get on your feet!

An easy to follow fun, high energy cardio workout, where you will learn a sequence of combat inspired moves built up into a combination. Working to the beat of the music, unleash your inner beast mode! A time to let go of your inhibitions, have fun, and feel empowered with our award winner fitness instructor.

AUGUST

- 4th Cycle To Work Day

Session: Get your Body Moving

You may not be biking it to work, but what are you doing to keep your body moving while sitting at your desk for hours? Join our chair yoga session and learn some beautiful stretches that you can do at your desk to keep you flexible, energised and focused.

NOVEMBER

- Movember Month- Men Physical and Mental Health
- 14th-20th Self-care Week

Session: Movember

Movember aims to raise vital funds and awareness for men's health, specifically suicide prevention and prostate cancer. Let us help you create your charity event, whether you want to grow a moustache or make one! Let's come together to talk about all things men's health with our fantastic coach and raise funds for Movember.

Session: Self Care Week

Hear from our leading coach on our top 10 self-care strategies to help empower you to look after your physical and mental well-being.



SEPTEMBER

- 10th Suicide Prevention Day
- 28th National Fitness Day

Suicide Prevention Day

This session will look at the issue of Suicide in society today, who is mainly affected and the reasons behind them getting to this point. Your team will come away with tools and strategies that could prevent suicide and support those in need who suffer from mental health problems.

National Fitness Day

Join our Rejuvenation yoga session accessible to all levels; our Vinyasa and Yin combined class will teach essential stretches to help restore energy and positively counteract the postal demand of sitting & standing for long hours.



DECEMBER

- 2nd-8th National Grief Awareness week

Session: National Grief Day

During this session, we will explore how we can raise awareness of the impact of grief and normalise the conversation around grief at work and ensure your organisation has the right supportive measures in place.