

Wellbeing at Work Calendar 2023

	Awareness Day:	Introduction:	Relevant Healthy Work Company training:	PDF download:
MAR 03	NATIONAL EMPLOYEE APPRECIATION DAY	A day dedicated to recognising and thanking employees for their contribution in the workplace.	Wellbeing Conversations - Positive Psychology	PDF
MAR 08	INTERNATIONAL WOMEN'S DAY	A day that raises awareness of women's achievements and challenges.	Menopause Awareness - Women in Health & Safety	PDF
MAR 13	NEURODIVERSITY AWARENESS WEEK	Recognising and celebrating the strengths of people who are neurodiverse, as well as challenging preconceptions.	Neurodiversity Awareness	PDF
MAR 20	INTERNATIONAL DAY OF HAPPINESS	United Nations sees this day as a way to recognise the importance of happiness in the lives of people around the world.	Positive Psychology - Introduction to Wellbeing & Resilience	PDF
APR	STRESS AWARENESS MONTH	Health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.	Preventing & Managing Burnout - Stress, Uncertainty & Worry	PDF
APR 02	WORLD AUTISM AWARENESS DAY	Puts a spotlight on the hurdles that people with autism and others living with autism face every day.	Neurodiversity Awareness	PDF
APR 28	WORLD DAY FOR SAFETY & HEALTH AT WORK	Increase awareness of occupational accidents or work-related diseases.	Influencing Skills for Health & Safety - Wellbeing Strategy Support	PDF
MAY 09	MENTAL HEALTH AWARENESS WEEK	A time to think about mental health, tackle stigma and protect our mental well-being.	Mental Health Awareness - Mental Health First Aid	PDF
JUNE 18	AUTISTIC PRIDE DAY	Raises awareness and celebrates the similarities and the uniqueness of people with autism.	Neurodiversity Awareness	PDF

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SEPT 10	WORLD SUICIDE PREVENTION DAY	Mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.	Suicide Prevention	PDF
SEPT 20	INTERNATIONAL WEEK OF HAPPINESS AT WORK	Happy people are more productive, flexible, resilient, creative, make happier customers and work better with their colleagues.	Positive Psychology - Introduction to Wellbeing & Resilience	PDF
OCT	MENOPAUSE AWARENESS MONTH	Putting the spotlight on the support available for those going through the menopause or experiencing menopausal symptoms.	Menopause Awareness - Menopause policy development	PDF
OCT	ADHD AWARENESS MONTH	Raising awareness and educating the public on ADHD. Highlights the latest research and clinical studies.	Neurodiversity Awareness	PDF
OCT 09	NATIONAL WORK LIFE WEEK	An annual campaign to get both employers and employees talking about wellbeing at work and work-life balance.	Wellbeing Conversations for Managers - Wellbeing Conversations	PDF
OCT 10	WORLD MENTAL HEALTH DAY	The overall objective of World Mental Health Day is to raise awareness of mental health issues worldwide and to mobilise efforts to support mental health.	Mental Health Awareness - MHFA - Stress & Uncertainty	PDF
OCT 18	WORLD MENOPAUSE DAY	The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing.	Menopause Awareness - Menopause Management at Work	PDF
NOV 01	NATIONAL STRESS AWARENESS DAY	Highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.	Mental Health Awareness - MHFA - Preventing Burnout	PDF
NOV 06	TALK MONEY WEEK	An opportunity to get involved with events and activities which help people have more open conversations about money – from pocket money to pensions	Financial Wellbeing	PDF