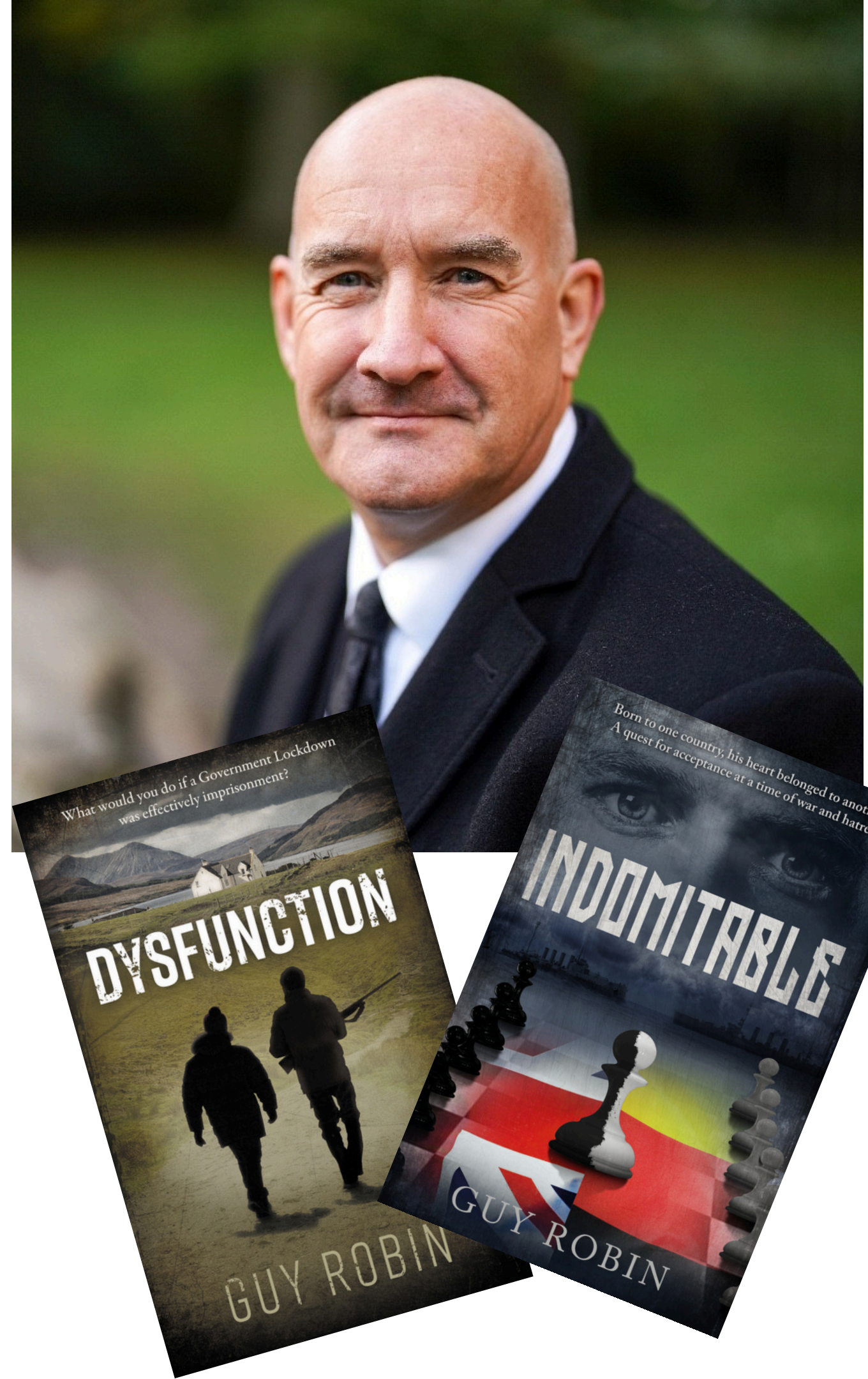




Workplace Wellbeing Heroes November 2024

With host **Wendy Garrett** from **Garrett Learning** and guest speaker **Guy Robin**

Topic: **Policing, retirement, France and becoming an author.**



What will we cover?

2:00 - Welcome & introduction

2:10 - Our forward focus on upcoming international days

2:20 - Guest speaker - Guy Robin

2:40 - Questions and Answers

2:50 - Close





Thank you for being here.

Upcoming International mental health/well-being dates for your diary:

November monthly focus: Men's Mental Health Awareness month

11-17th Nov: Anti-bullying week

1st Dec: World Aids Day

5th Dec: International Volunteers Day

13th Dec: Christmas Jumper Day

January - NHS National campaign, Dry January & Veganuary

4th Jan - World Braille Day

24th Jan - International Day of Education

25th Jan - Burns supper

26th Jan - Australia Day

28th Jan - Global Community Engagement Day

Dates for your diary

Second Monday of the month, 2pm GMT

Date: **Theme / guest speaker:**

2024

December 9th

Empowering confidence with Jo Gaffney, Styling Life

2025

January 13th

Encouraging fitness with Rachel Nicholls, RJ Fitness and coaching

February 10th

Conversations about grief with Louise Dillion, Armadillo Life

March 10th

What type of guests would be helpful?

April 14th

Who would you like to hear from?

May 12th



Included in your membership, Garrett Learning will host a quarterly well-being session for you and your team to help raise awareness.

Dates for your TEAM diary:

Monday 13th January 15:00-15:50 GMT

(Topic: Reducing stress and burnout)

Monday 14th April 15:00-15:50 GMT

Monday 14th July 15:00-15:50 GMT

Monday 13th October 15:00-15:50 GMT



Exclusive discounts on training:

MHFA England Adult Mental Health First Aid:

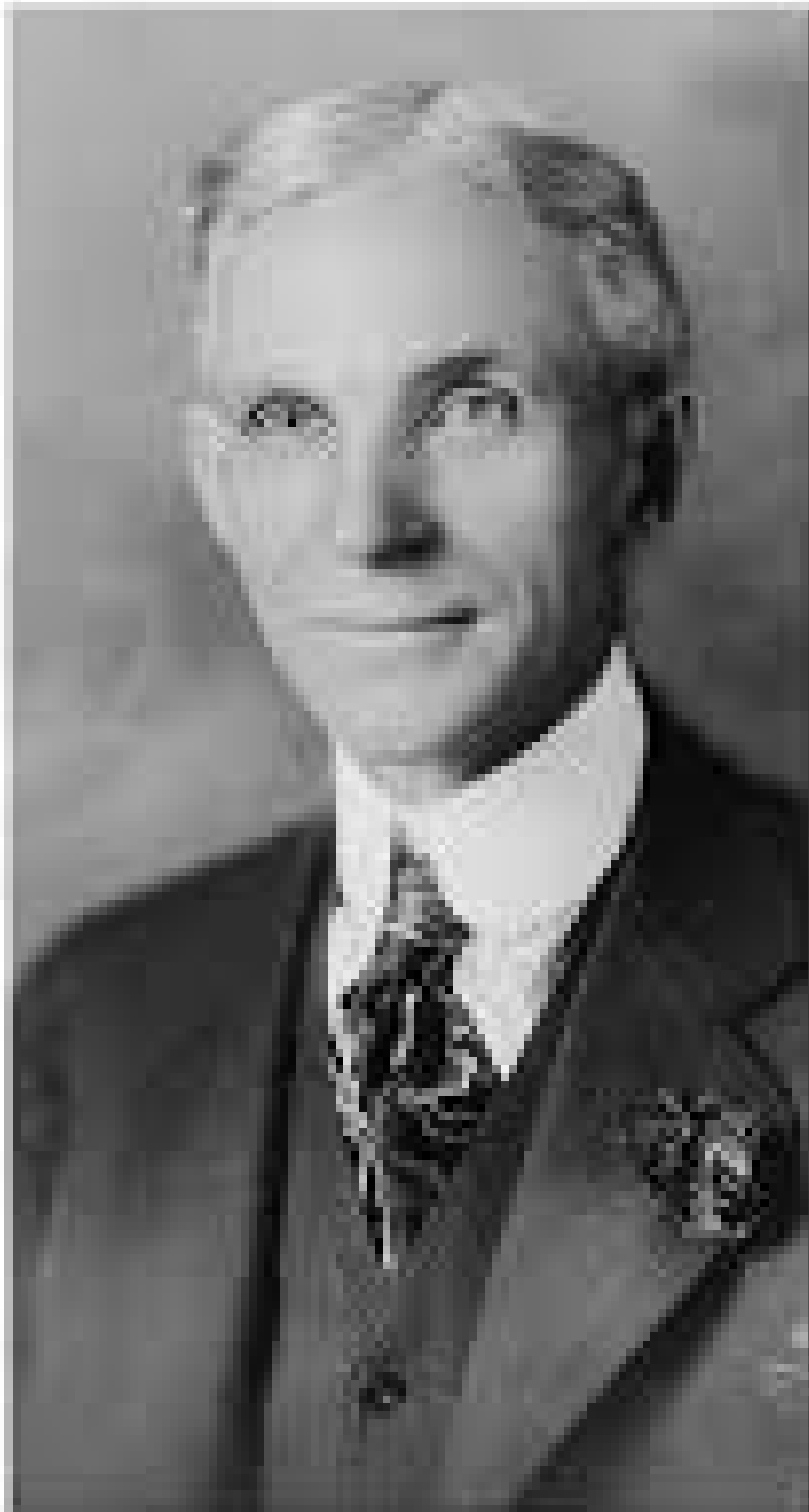


& bespoke training/train the trainer / Power hour

Share your learning needs and requirements with me:

wendy@garrettlearning.co.uk





If you always
do what
you've always
done, you'll
always get
what you've
always got.

HENRY FORD
AMERICAN INDUSTRIALIST



Q&A

We want to hear
your feedback:

