

**Workplace
Wellbeing
Champion!**

February 2025 with Louise Dillon Armadillo Social



What will we cover?

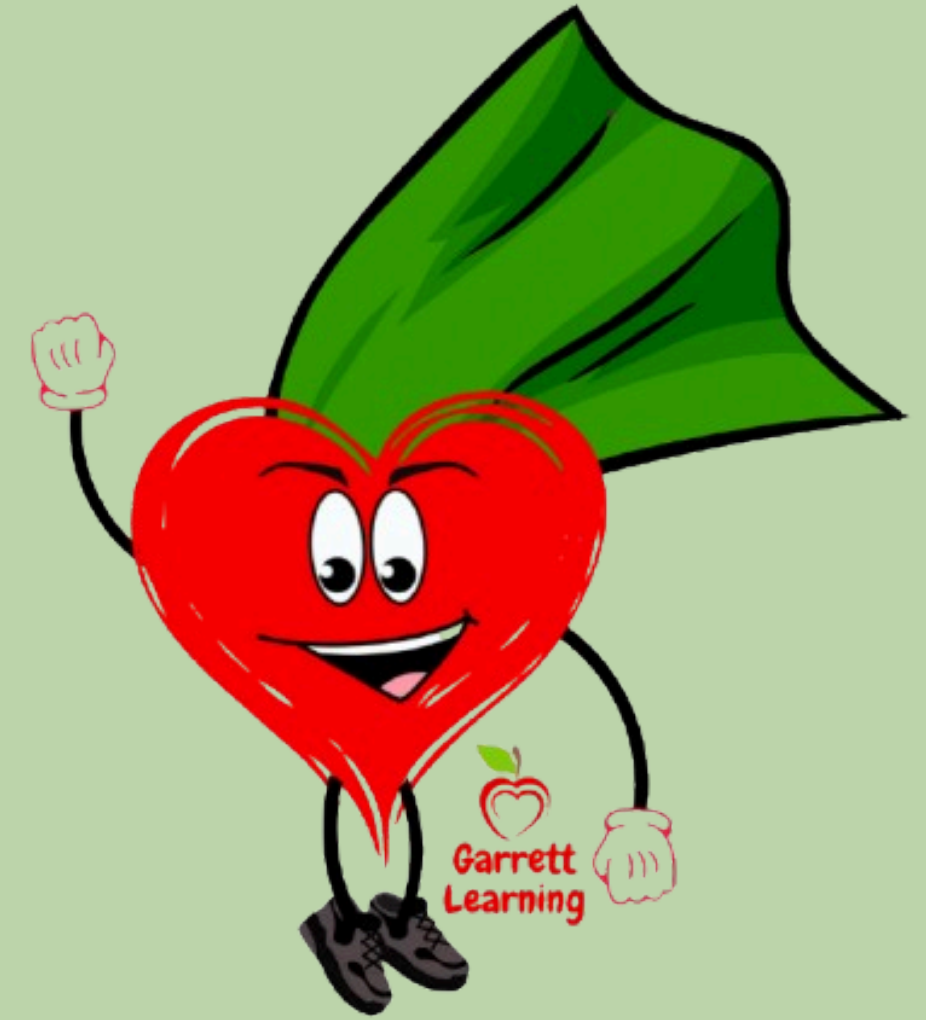
14:00 - Welcome & introductions

14:10 - Ten minute teach

14:20 - Guest speaker - Louise Dillon, Armadillo Social

14:40 - Questions and Answers

14:50 - Close





Thank you for being here.

Upcoming International mental health/wellbeing dates for your diary:

February:

14th: International Book Giving Day

17th: Random Acts of Kindness

20th: Love your pet day

End of Feb: Eating Disorder

Awareness Week

March:

8th: International Women's Day

11th: My Whole Self Day

13th: University Mental Health Day

15th: World Sleep Day

20th: International Day of Happiness

30th: World Bipolar Day

April: Stress Awareness Month

2nd: International Children's Book Day

7th: World Health Day

10th: Sibling Day

22nd: Earth Day

May: National Walking Month

12th-18th Mental Health Awareness Week & Learning at Work Week

18th: International Museum Day

19-25 May: Dementia Action Week

21st: World Meditation Day

Dates for your diary



Second Monday of the month, 2pm GMT

Date:	Theme / guest speaker:
March 10th	Shirley Lane from Balancing Butterflies
April 14th	MHFA Supporter Chat
May 12th	Skincare and nutrition with Amy Woodcock, Naturally Grown Health
June 9th	MHFA Supporter Chat
July 14th	TBC: What type of guests would be helpful? Who would you like to hear from?

Exclusive discounts on training:

MHFA England Adult Mental Health First Aid:



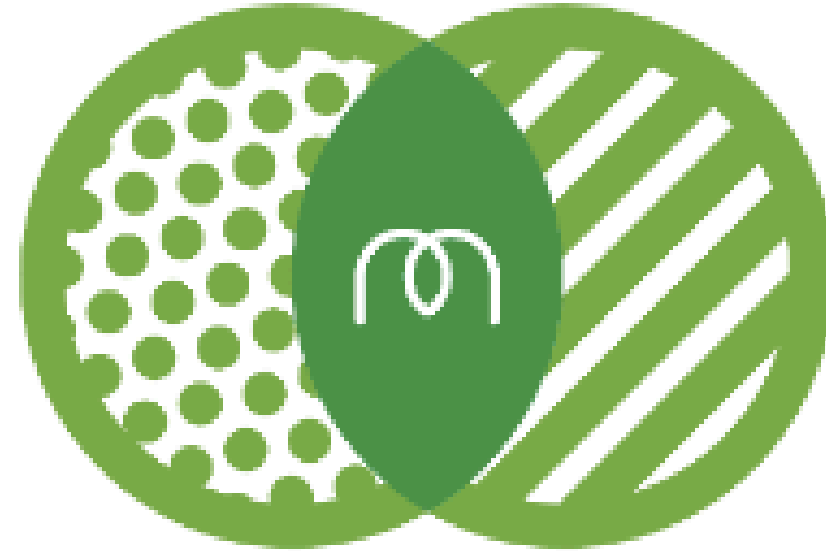
& bespoke training/train the trainer / Power hour

Share your learning needs and requirements with me:

wendy@garrettlearning.co.uk



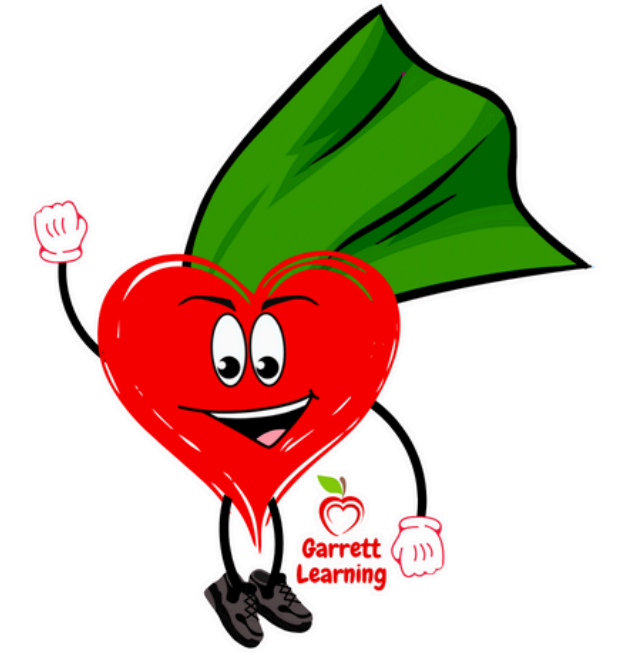
My Whole Self Day - 11th March



“By empowering people to be their whole selves at work every day – without fear of judgement or consequence – people will feel psychologically safe.

It’s then when they can be their most creative and effective at work. Seeing others be themselves, will create a wave of organic individuality which fosters a diverse and thriving workforce.”

There is no "normal"
way to grieve.
Except for how
we each do it.



Welcome Louise!

from Armadillo Social

Topic: **Grief in the workplace.**

We want to hear
your feedback:



Q&A

Thank you for being here.