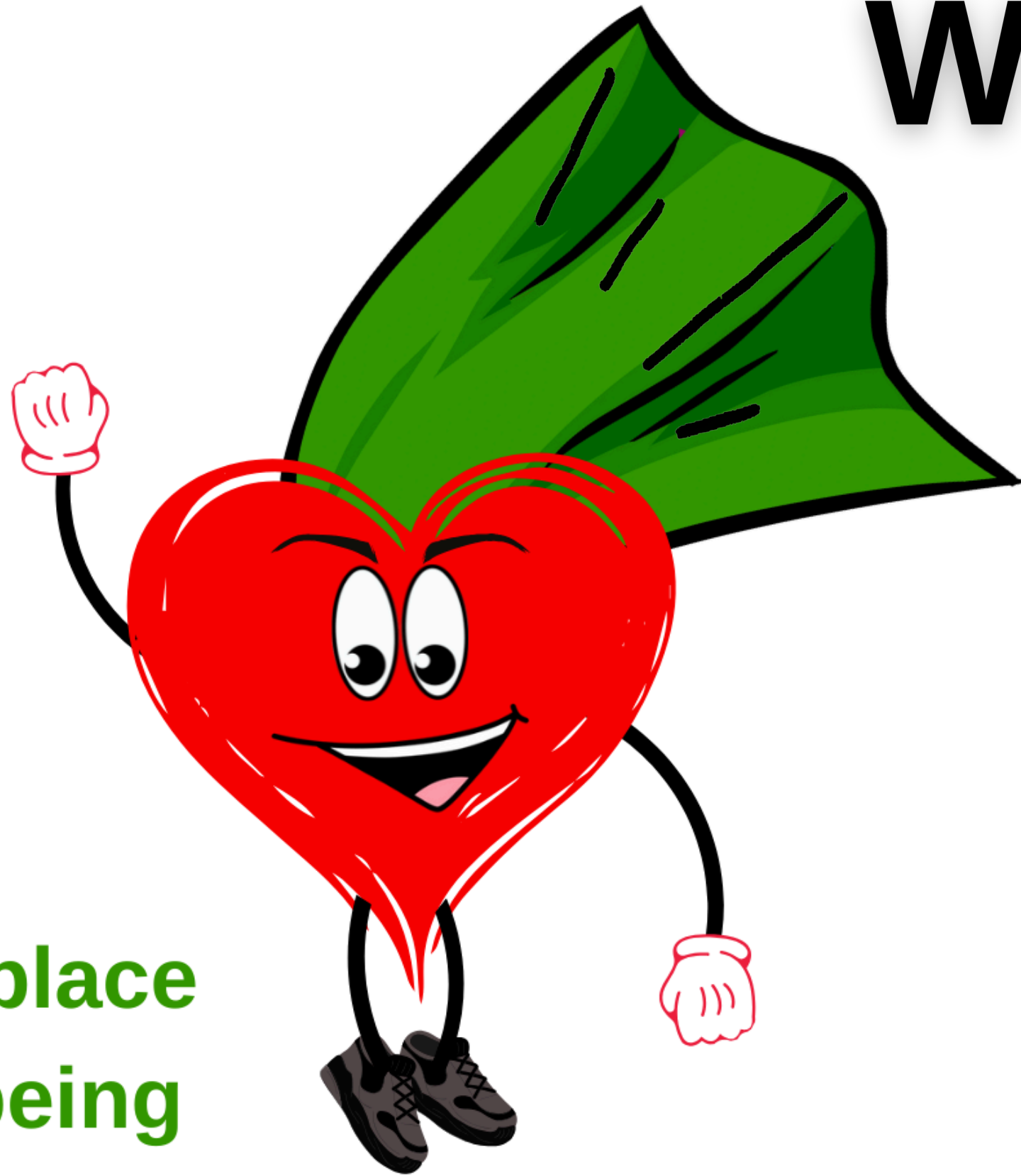




Welcome to 2025!



**Workplace
Wellbeing
Champion!**

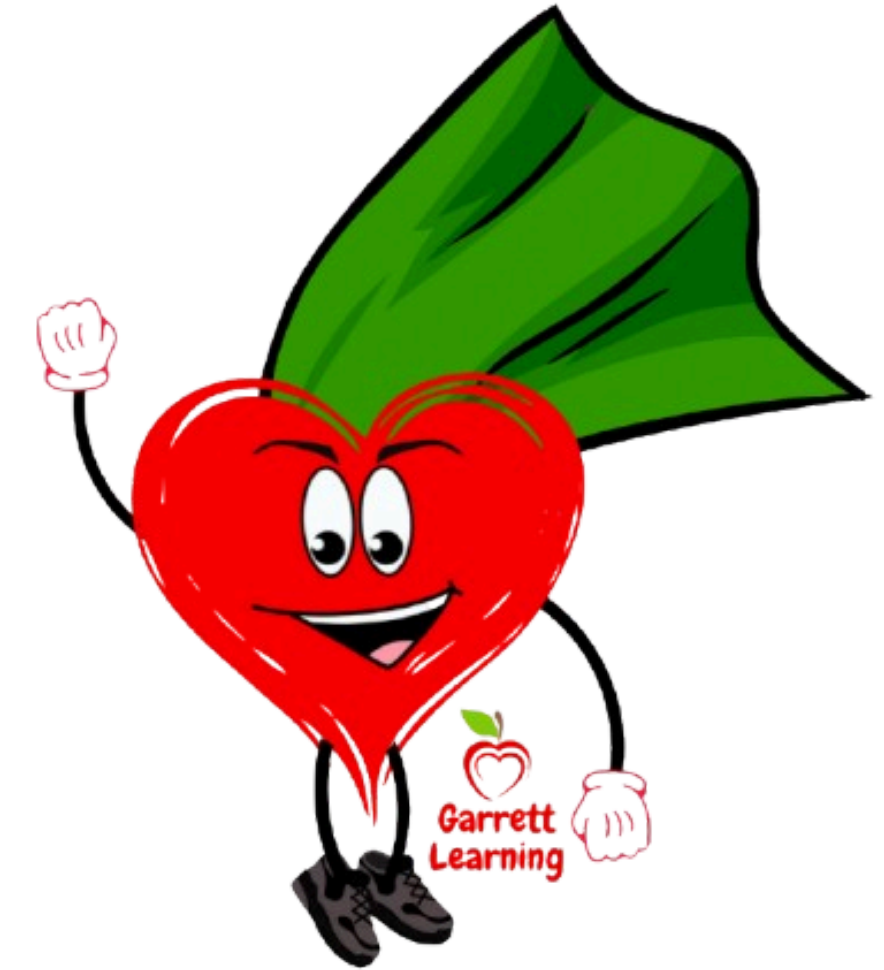


**Workplace
Well-being
Heroes!**





Welcome Rachel!



Workplace Wellbeing Champion
January 2025

With host **Wendy Garrett** from **Garrett Learning** and guest speaker
Rachel Nicholls from **RJ Fitness and Coaching**

Topic: **Your wellbeing, moving your body and feeling great!**

What will we cover?

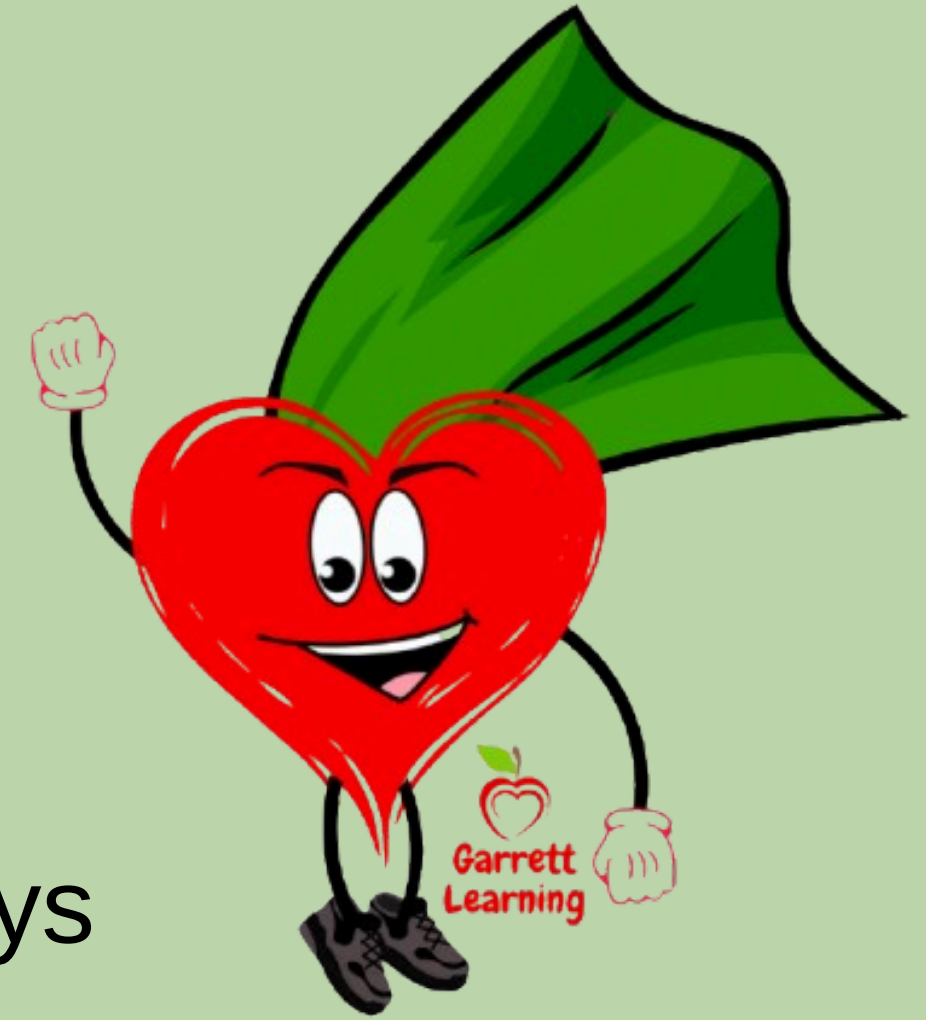
14:00 - Welcome & introduction

14:10 - Our forward focus on upcoming international days

14:20 - Guest speaker - Rachel Nicholls, RJ Fitness and Coaching

14:40 - Questions and Answers

14:50 - Close





Thank you for being here.

Upcoming International mental health/wellbeing dates for your diary:

February: Monthly focus - LGBTQ+ Awareness month

First week of Feb: Children's Mental Health Awareness week

4th: World Cancer Day

6th: Time to talk Day

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

13th: University Mental Health Day

20th: International Day of Happiness

Dates for your diary



Second Monday of the month, 2pm GMT

Date:	Theme / guest speaker:
February 10th	Conversations about grief with Louise Dillion, Armadillo Life
March 10th	TBC
April 14th	TBC
May 12th	Skincare and nutrition with Amy Woodcock, Naturally Grown Health

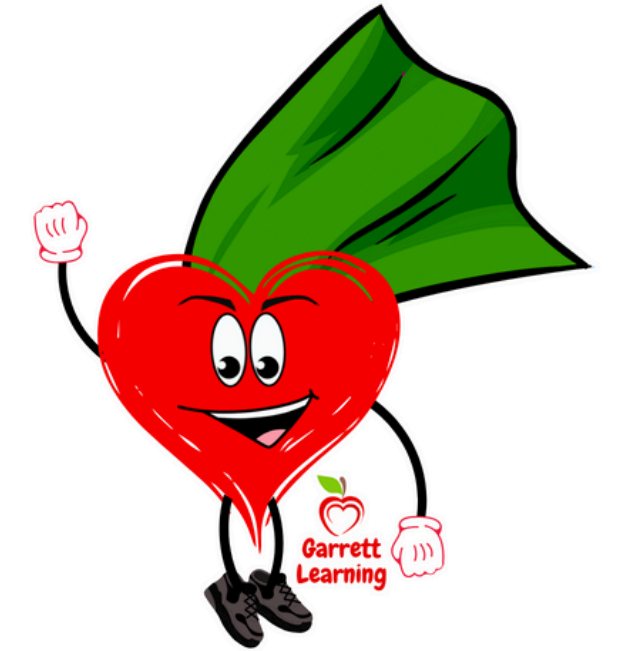
What type of guests would be helpful?

Who would you like to hear from?



The body says what words cannot.

— *Martha Graham* —



Welcome Rachel!

from **RJ Fitness and Coaching**

Topic: Your wellbeing, moving your body and feeling great!

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



Q&A

We want to hear
your feedback:

