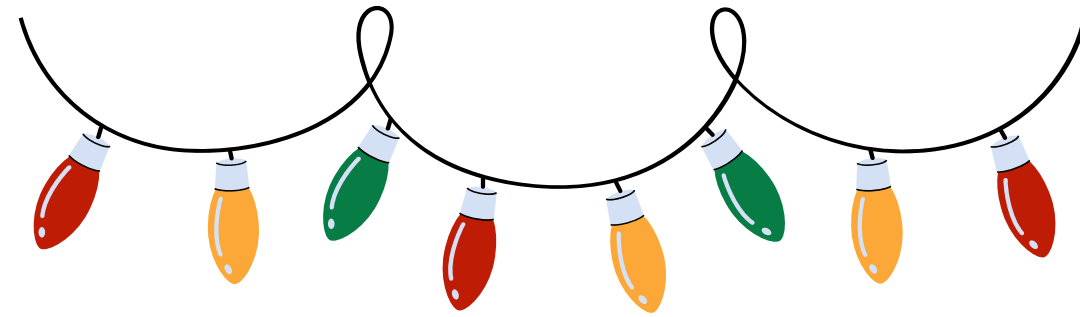




Workplace Wellbeing Heroes December 2024



With host **Wendy
Garrett** from **Garrett
Learning** and guest
speaker Jo Gaffney

Topic: Styling Life!



What will we cover?

2:00 - Welcome & introduction

2:10 - Our forward focus on upcoming international days

2:20 - Guest speaker - Jo Gaffney

2:40 - Questions and Answers

2:50 - Close



Welcome

Thank you for being here.

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

January focus - NHS National campaign, Dry January & Veganuary

4th Jan - World Braille Day

24th Jan - International Day of Education

February focus - LGBTQ+ and History Month

First week of Feb - Children's Mental Health Awareness Week

4th - World Cancer Day

6th - Time to talk day

14th - Valentines Day

14th - International Book Giving Day

17th - Random Acts of Kindness Day

20th - National Love your Pet Day

28th Feb - 5th March - Eating Disorder Week

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





"COLOUR IS A POWER
WHICH DIRECTLY
INFLUENCES THE SOUL."

— WASSILY KANDINKSY

Q&A

We want to hear
your feedback:

