



Workplace Wellbeing
Heroes
September 2024

With host **Wendy
Garrett** from **Garrett
Learning** and guest
speaker **Stephanie-
Jane** from **Stephanie
Jane Home
Alignments**



Topic: **Harmonising
the Workplace
environment**

What will we cover?

2:00 - Welcome & introduction

2:10 - Our forward focus:

International days

World Mental Health Day

2:20 - Guest speaker - Stephanie-Jane from Stephanie-Jane Home Alignments.

2:40 - Questions and Answers

3:00 - Close





Thank you for being here.

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

September 10th - World Suicide Prevention Awareness Day

September 21st - International Day of Peace

September 27th - World Tourism Day

October 10th - World Mental Health Day

The theme of 2024: It's time to prioritise mental health in the workplace

13-19th Oct - OCD Awareness Week

18th - World Menopause Day

31st Start of Diwali

31st Halloween

November: Monthly focus: Men's Mental Health Awareness month

December 5th - International Volunteers Day

World Mental Health Day. Theme of 2024:
It's time to prioritise mental health in the
workplace.



Welcoming Stephanie-Jane from Stephanie-Jane Home Alignments



Stephanie Jane

Home Alignment Specialist



Dates for your diary

Second Monday of the month, 2pm GMT

Date: **Theme / guest speaker:**

2024

October 14th

HR and well-being with Kate Bennett, The HR Hero

November 11th

Policing, retirement and writing with Guy Lungmuss

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?



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

Date for your TEAM diary:

Monday 14th October 3-4pm GMT

Workplace
Well-being
Heroes!



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



A woman with long dark hair, wearing a grey and white checkered blazer, is sitting at a white desk in a bright, modern office. She is looking at a laptop screen and has her hands on the keyboard. The desk is cluttered with a stack of papers on the left, a laptop in the center, and a small white desk organizer on the right. In the background, there are several potted plants on a white shelf and a window with a view of a bright outdoor area. The overall atmosphere is clean, professional, and well-lit.

**Our workplace should be
designed with the same
universal wellbeing standards
we set ourselves at home.**

Laura Pollard, Amtico.

Q&A

We want to hear
your feedback:

