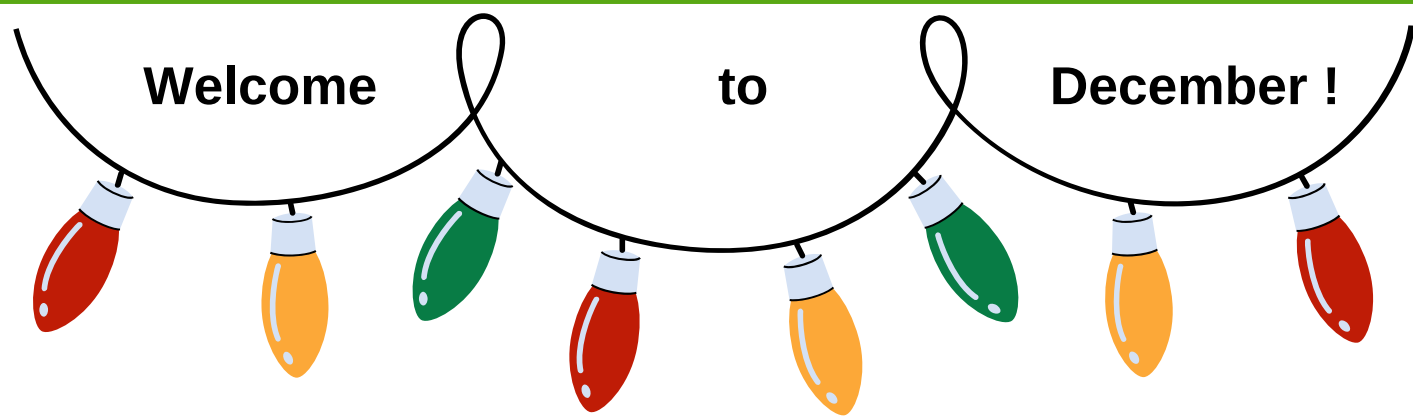


Workplace Well-being Hero Toolkit. December 2024

- Our guest speaker, Jo Gaffney, a qualified occupational therapist, colour and style consultant
- Up and coming wellbeing days to celebrate and inspire you
- January team quarterly webinar topic: Reducing Workplace Stress and Burnout



Jo has inspired us to think about how we look is self-care! Self-care is about doing things that make us feel good and looking and feeling our best is so important for our wellbeing, reducing anxiety and increasing productivity.

Take a listen to the video. Jo shares useful insights about how our image and identify helps improve our confidence. We can express ourselves through what we wear and how we wear it. It's important to create a great and lasting first impression.

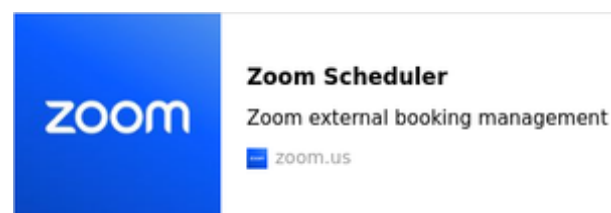
Jo also shared her thoughts about creating a consistent message in our style and colour as people trust consistency.

Such an enlightening session. Thank for for using us Jo!

Find out more by checking out [Jo](#) (LinkedIn) and her [website](#). Give Jo a follow on [Facebook](#) and [Instagram](#).

Jo can offer in person services for colour analysis, or a zoom chat to work out the best style for you. Perhaps you have an event coming up and you're unsure what to wear, Jo has a service for that too!

Let's chat!



We've been hosting these sessions for 7 months - I'd appreciate your thoughts. Let's have a 1:1! Please book on the zoom image.

We look forward to welcoming you to the next Workplace Wellbeing Hero meeting on: **Monday 13th January 2025 14:00-14:50 GMT**. We'll be joined by guest speaker, Rachel Nicholls from RJ Fitness and Coaching.

Get connected with Rachel:

[Instagram](#)

[LinkedIn](#)

[Website](#)

Join our [WhatsApp](#) Community chat:

<https://chat.whatsapp.com/lcnXOveuAsE4rjo4tlmvCs>

Share your thoughts, suggestions comments and updates from the meeting/guest speaker. We'd love to hear from you!



Upcoming Mental Health and Wellbeing Days:

24th January - **International Day of Education**. The theme for 2024 is "Learning for Lasting Peace"

- Listen and share a informative podcast
- Review a book
- Share a story about an influential educator

First week of February (3-9th) - **Children's Mental Health Awareness Week**.

- Watch **Inside Out 2** characters to explore 'Know Yourself, Grow Yourself'.
- Use these great [resources](#) for schools and families
- Watch '[When worry becomes too much](#)'

14th February - **Internation Book Giving Day**

Garrett Learning are giving you some book recommendations to help us understand mental health and wellbeing:

- The Chimp Paradox by Professor Steven Peters
- You will get through this night by Daniel Howell
- PTSD- Understanding and Recovery by Rosalind Townsend
- The Unbreakable Student by Dr Nic Hooper

Eating Disorder Week (24th February to 2nd March)

- Discover information and guidance at the Eating Disorder charity - [BEAT](#)
- Understand eating disorders with [MIND](#) - watch lived experiences and understand how to support someone who might be living with an eating disorder
- Find out more from the mental health charity [Rethink](#)

YOUR QUESTIONS ANSWERED

Do you have a question to ask? Request a topic/speaker? Please submit this to wendy@garrettlearning.co.uk before the next Workplace Wellbeing Hero meet.

Raise awareness and **invite your team** to the quarterly online workshop on Monday 13th January 2025 15:00-15:50 GMT

Join [Garrett Learning](#) and The [Workplace Wellbeing Heroes](#) as we talk about:

- We will be talking about reducing workplace stress and burnout.



QR code not scanning? Please follow this [link](#).

We value your feedback.

Thank you for your time. See you next month, Wendy

