

# Workplace Well-being Hero Toolkit. October 2024

- Top tips from The HR Hero, Kate Bennett.
- International Awareness days
- We want your thoughts - What types of guest speakers would you find helpful? Contact us with your suggestions.

## Welcome to October!

### I hope you had a great World Mental Health day!

Kate Bennett, The HR Hero was this month's guest speaker.

The main takeaways from the session included:

- At work we shouldn't forget people have personal lives. Work and personal interlink and us managers/leaders of the business should include this in conversations we have with our people.
- People on long term absence is anything over 4 weeks out of the business
- If people are on long term absence then we should check in with them in the means and frequency that suits their needs. Some people may want daily/weekly/monthly check-in's. Some people will want phone calls, texts or emails. Ask the individual what they would want.
- If you complete a return to work interview/meeting, make sure it's meaningful and compassionate. If not, why carry out one as a 'tick box' exercise.

Kate offers a valuable toolkit, please check out the sides and follow the QR code for this.

Feel free to get in touch with Kate to find out more on her contact details listed below:

Find out more from Kate at:

Website: [www.thehrhero.co.uk](http://www.thehrhero.co.uk)

LinkedIn: [www.linkedin.com/in/thehrhero/](https://www.linkedin.com/in/thehrhero/)

Email: [kate@thehrhero.co.uk](mailto:kate@thehrhero.co.uk)

Phone: 07704037136

We look forward to welcoming you to the next Workplace Wellbeing Hero meeting on: **Monday 11th November 14:00-14:50 GMT**. We'll be joined by guest speaker, Guy Lungmuss - who worked as a police officer, retired to France and is now an established author.

Get connected with Guy:

Linked in: [www.linkedin.com/in/guy-robin-a2383124/](https://www.linkedin.com/in/guy-robin-a2383124/)

Author bio:

<https://www.amazon.co.uk/stores/author/B09TBCPFZX/about>

## 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:

### 13th-19th October - OCD Awareness Week

- What is OCD? Obsessive Compulsive Disorder, ready more and share the videos from [Mind](#).
- Read Morgan Rondinelli [blog](#) on her Reading OCD.
- Share the [stigma and misconceptions](#) on OCD.

In the UK, it's Men's Mental Health Month in **November**. Mates in Mind wants to break the silence and stigma around poor mental health to help provide a safe and healthy workplace environment.

- For stats and resources, download a free poster, read and share blogs, please visit: [Mates In Mind](#).
- Encourage the [Man's MOT](#) to take notice of what is going on with the body and mind.
- It's [MOVEMBER](#) - read through the great work they do through their fundraising.

### 4th -8th November - International Stress Awareness Week

2024 sees the 50th Anniversary with the International Stress Awareness Day falling on Wednesday 6th November.

- Visit [ISMA](#) for more information on the week and buy tickets for the online [summit](#) with global leaders raising awareness.
- Read the [book](#) - The Burnout Epidemic by Jennifer Moss
- Free resource pack from [Stress Management Society](#).

See the full [list](#) of international days

## YOUR QUESTIONS ANSWERED

Do you have a question to ask? Request a topic/speaker? Please submit this to [wendy@garrettlearning.co.uk](mailto: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

We will send out the invite to welcome your team along in November.



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

We value your feedback.

Thank you for your time.

See you next month, Wendy

