

**Workplace  
Wellbeing  
Champion!**

**March 2025**

**MHFAider  
Support  
Session**

# What will we cover?

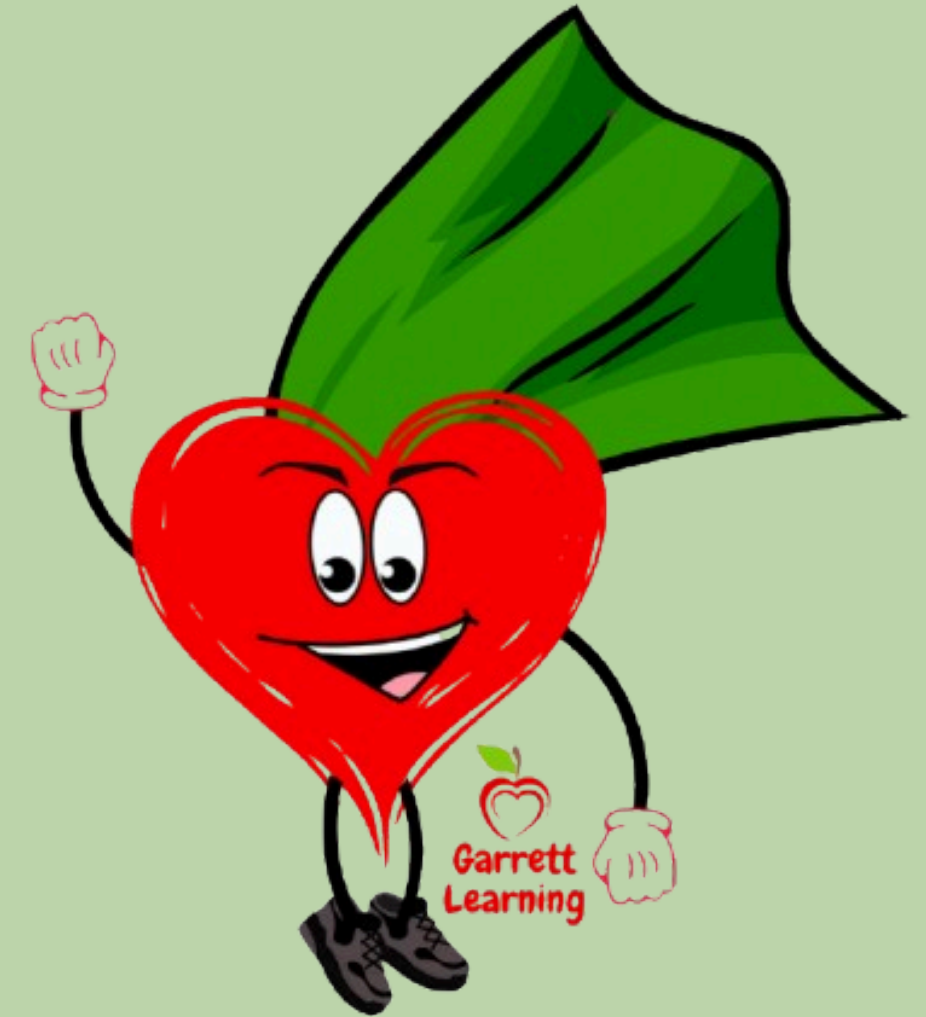
14:00 - Welcome & introductions

14:10 - Ten minute teach- Control and influence

14:20 - MHFAider Supporter session

14:40 - Questions and Answers

14:50 - Close



# Upcoming International mental health/wellbeing dates for your diary:

## March:

**11th: My Whole Self Day**

**13th: University Mental Health Day**

**15th: World Sleep Day**

**20th: International Day of Happiness**

**30th: World Bipolar Day**

## April: Stress Awareness Month

**2nd: International Children's Book Day**

**7th: World Health Day**

**10th: Sibling Day**

**22nd: Earth Day**

## May: National Walking Month

**12th-18th Mental Health Awareness Week & Learning at Work Week**

**18th: International Museum Day**

**19-25 May: Dementia Action Week**

**21st: World Meditation Day**

## June: Men's Mental Health Month

**9th-15th Loneliness Week**

**24th to 30th - Wellbeing Week**

**27th - National PTSD Awareness Day**

# Dates for your diary



Second Monday of the month, **1pm GMT**

<b>Date:</b>	<b>Theme / guest speaker:</b>
April 7th	Jacky Wood - The Menopause Expert
May 12th	Skincare and nutrition with Amy Woodcock, Naturally Grown Health
June 9th	MHFA Supporter Chat
July 14th	<b>TBC: What type of guests would be helpful?</b>
Aug 11th	<b>Who would you like to hear from?</b>
Sept 8th	
Oct 6th	Shirley Lane from Balancing Butterflies

# 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](mailto:wendy@garrettlearning.co.uk)



A Life-Changing Tool That Millions of  
People Can't Stop Talking About

THE  
LET  
THEM  
THEORY

**Mel Robbins**

New York Times Bestselling Author

If they want to leave... **let them.**

If they choose someone else... **let them.**

If they don't support you... **let them.**

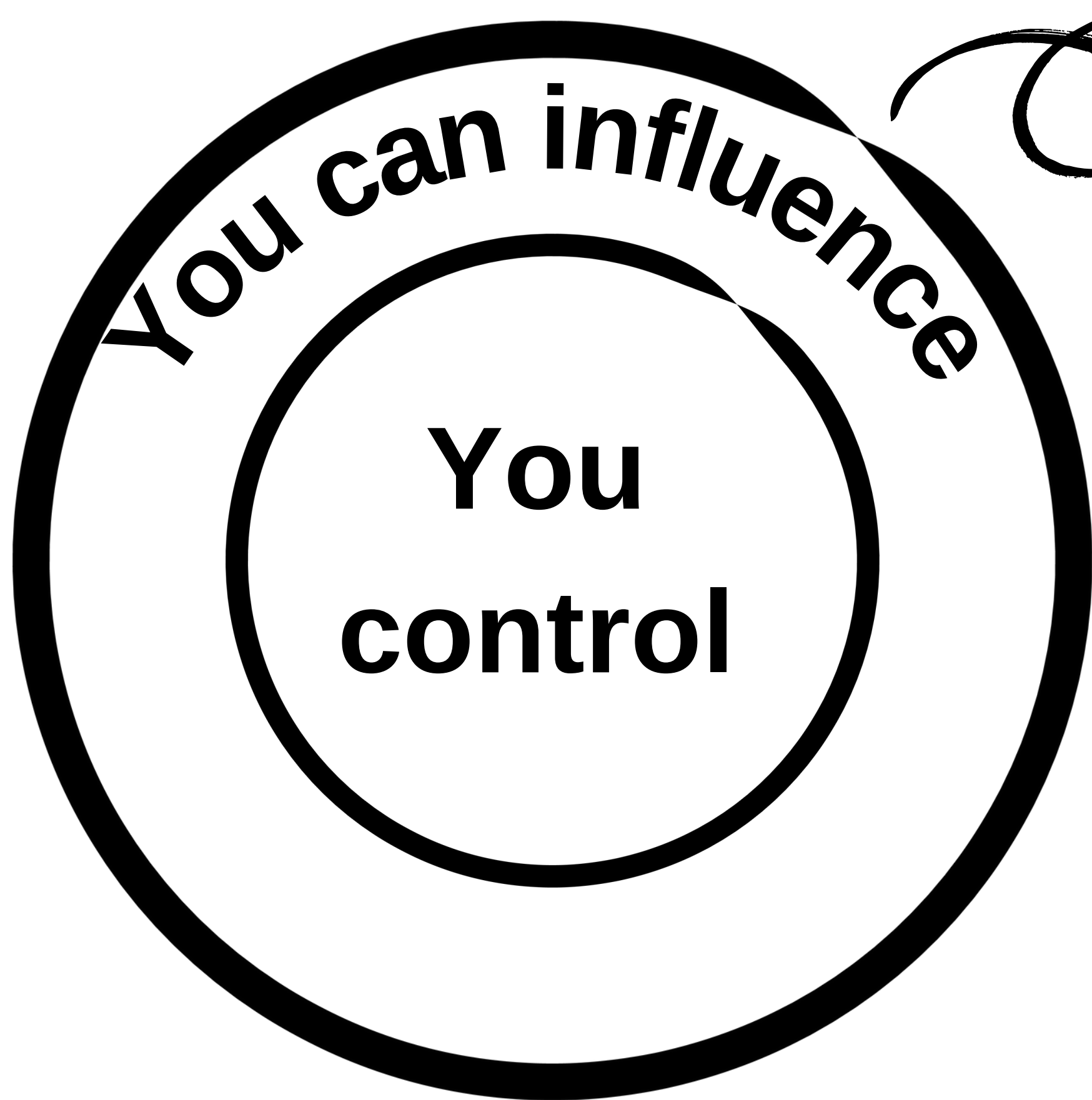
If they don't invite you... **let them.**

Stop wasting your energy trying to  
control or change other people.

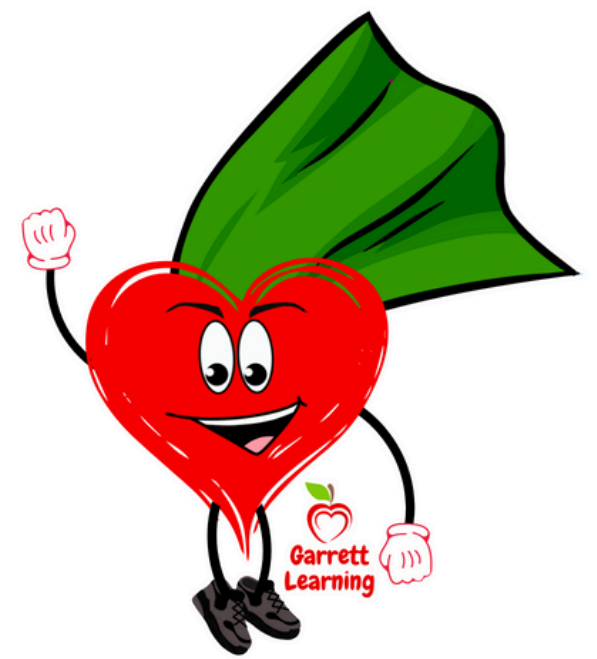
**Let them show who they really are.**

And then YOU can choose what  
you do next.

@MelROBBINS



**You can't  
control or  
influence**

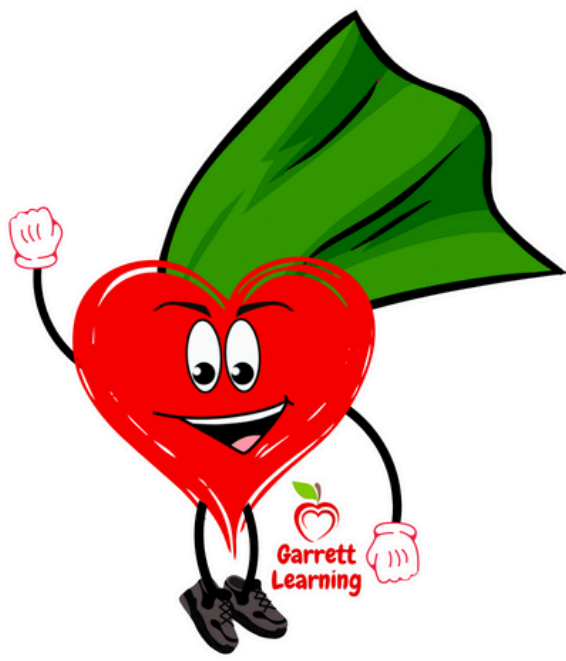


**10 minute teach!**

# THINGS I CAN CONTROL



# THINGS I CAN'T CONTROL



We Are Here to

Help!

**Thank you for being here.**

We want to hear  
your feedback:



Q&A

Thank you for being here.