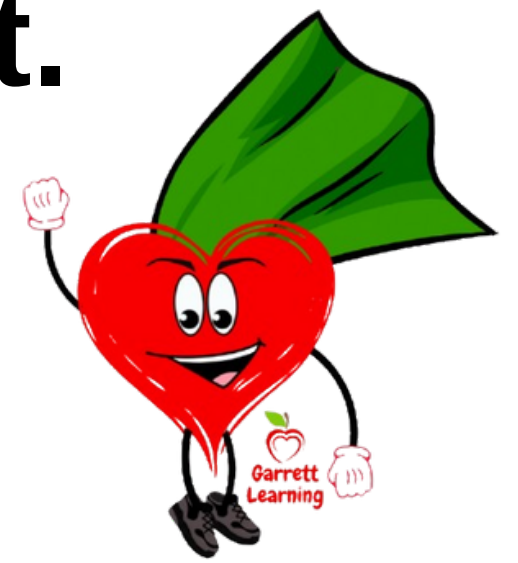


# Workplace Wellbeing Champion. Toolkit.

## June 2025

Thank you for being a part of this community.

This month we were joined by guest speaker Julie Cosgrove from her company [Julie Menopause Coach](#).



Julie spoke about perimenopausal symptoms, that 1 in 10 women leave their jobs because of menopause and recommended that workplaces have a menopause champion to break down the stigma and offer support to others.

Julie also shared the '[black cardi](#)' initiative which I personally think is a fabulous idea! Drop Julie an email at [hello@juliemenopausecoach.co.uk](mailto:hello@juliemenopausecoach.co.uk) for help, support, guidance and coaching.

### Upcoming Mental Health and Wellbeing Days:

#### July: Monthly focus: Talk to Us Month

Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

Find out more by [visiting](#):

<https://www.samaritans.org/support-us/campaign/samaritans-awareness-day/>

#### July 24 Samaritans Awareness Day (see above) & [International Self-care Day](#)

The 2025 #SelfCarePromise topic is Resilience. Each year, [The Global Self-Care Federation](#) (GSCF) encourages everyone to make and share their personal commitment to embrace a specific self-care action.

#### July 25 Schizophrenia Awareness Day

1 in 100 people live with schizophrenia. It does not mean split personality. It doesn't stop you living a fulfilled life. Learn the truth. #NSAD24. Find out more by visiting [rethink](#) - download posters and information for your socials.

#### July 30 International Day of Friendship

The United Nations has the idea that friendships can create peace within our nations. Read more by visiting the [United Nations website](#).

How to get involved on this date:

- Reach out to friends, old and new. Take a walk in the park, enjoy a coffee together, send a message to them, post them a card.
- Make new connections through work, an activity or a hobby. Perhaps organise a group activity with friends and family, or throw a street party.

### Upcoming training dates- 10% off for all Workplace Wellbeing Champions:

MHFA England Mental Health First Aid (MHFAider). Monday 16th & Tuesday 17th June. 09:30-16:30. £325pp on Zoom

MHFA England Refresher. Monday 23rd June 13:00-17:00. £150pp on Zoom

MHFA England One Day Champion. Tuesday 24th June. 09:30-16:30. £195pp on Zoom

MHFA England Mental Health Skills for Managers (MHS4M). Wednesday 25th June 13:00-17:00. £150pp on Zoom

The Work and Wellbeing One Day Retreat. Wharton Park, Worcestershire. Mon 30th June 2025 09:30-16:30. £195

MHFA England Refresher. Tuesday 1st July 13:00 -17:00. £150pp on Zoom

MHFA England One Day Champion. Tuesday 15th July 09:30-16:30. £195pp on Zoom

MHFA England Refresher. Thurs 17th July 09:30-13:30. £150pp on Zoom

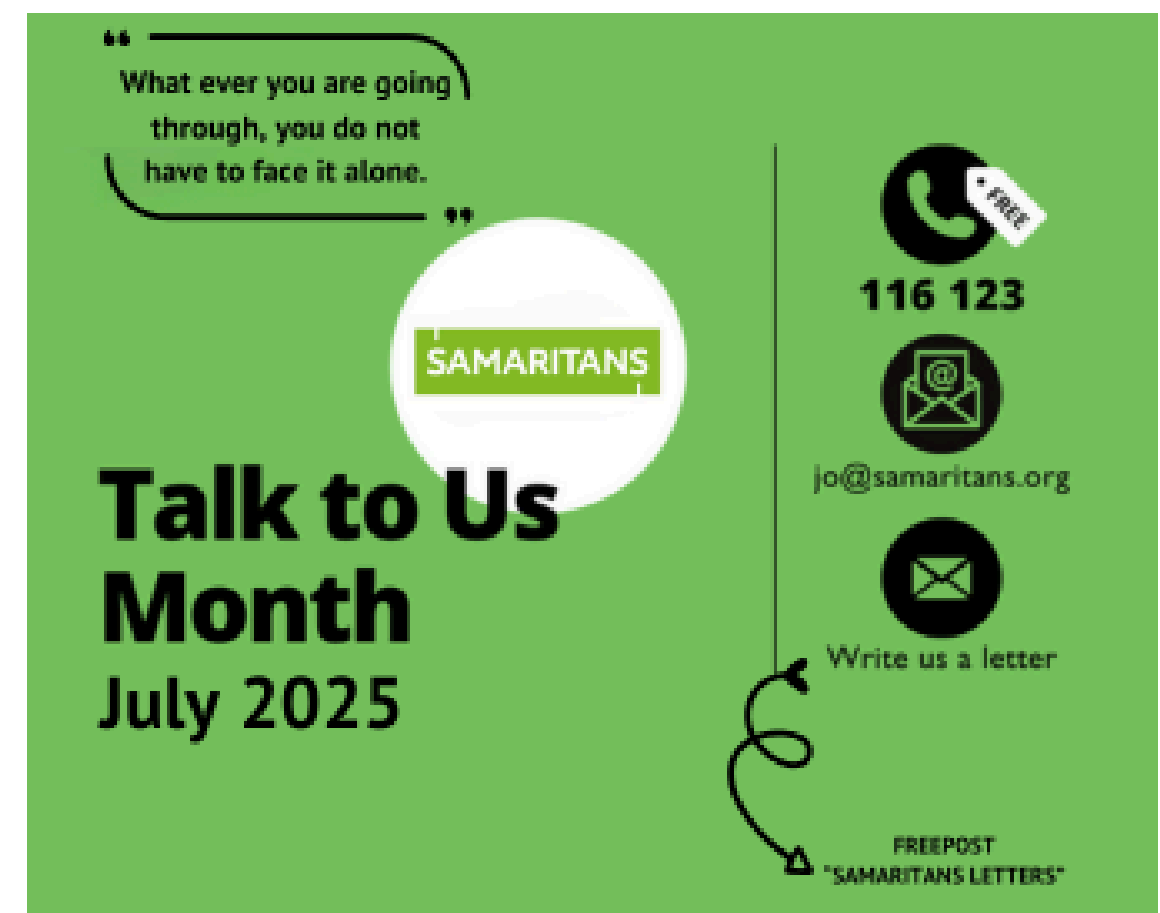
MHFA England Mental Health First Aid (MHFAider). Monday 28th and Tuesday 29th July 09:30-16:30. £325pp on Zoom

MHFA England Refresher. Monday 4th August 13:00-17:00. £150pp on Zoom

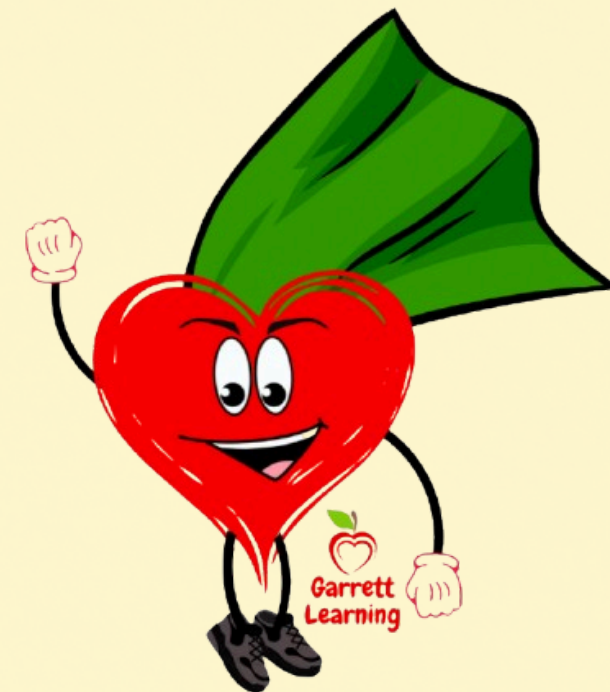
MHFA England Mental Health First Aid (MHFAider). Monday 18th to Thursday 21st August 09:30-12:30. £325pp on Zoom

The Work and Wellbeing Two Day Retreat (Selfcare Sunday and Motivational Monday). Studley Castle, Warwickshire. Sunday 16th and Monday 17th November 2025. £425

The Work and Wellbeing Three Day 'Ultimate' Retreat. Studley Castle, Warwickshire. Wednesday 25th to Friday 27th February 2026. £675



# Dates for your diary



Second Monday\* of the month, 13:00-13:50 GMT

<b>Date:</b>	<b>Theme / guest speaker:</b>
July 14th	Champion Supporter Chat
Aug 11th	<u>Narinda Sheena</u> - Chronic pain and neurodiversity
Sept 8th	<u>Leeanne Brown</u> - Nervous system, boundaries and breathwork
Oct 6th	<u>Shirley Lane</u> - Balancing Butterflies, Menopause
Nov 10th	Champion Supporter Chat
Dec 8th	<u>Helen Cochrane</u> - Looking after your body and a guided meditation
Jan 12th	<u>Sarah Snape</u> - Confidently setting you up for the year
Feb 9th	<u>Anita Arscott-Brooks</u> - The Art of Bouncing Back
March 9th	Champion Supporter Chat
April 13th	<u>Claire Elston</u> - Neurodiversity in the workplace

What guests would you like to hear from? Let us know!

Can't make the live session? Please submit your question for our subject matter expert to [wendy@garrettlearning.co.uk](mailto:wendy@garrettlearning.co.uk)



#### Your questions answered

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

#### We value your feedback.

QR code not scanning? Please follow this [link](#). Thank you for your time. See you next month, Wendy