

**Workplace
Wellbeing
Champion!**

October 2025

What will we cover?

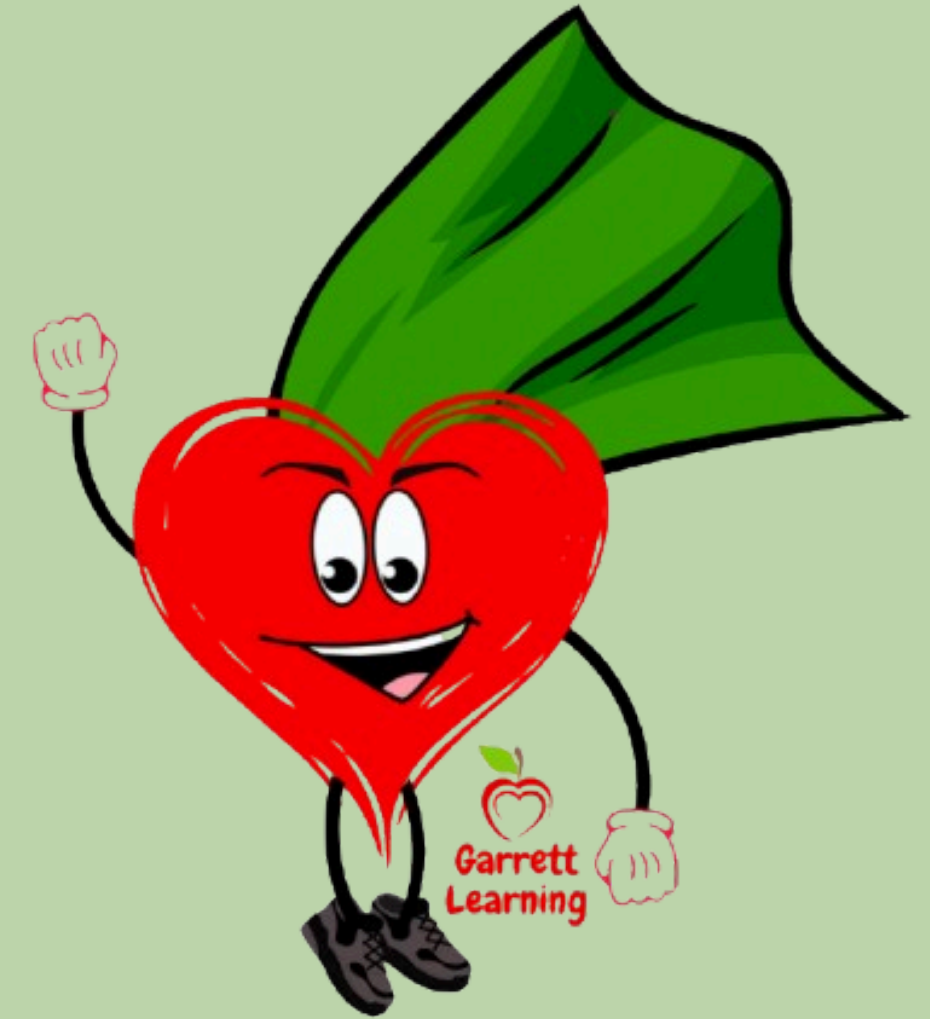
13:00 - Welcome & introductions

13:10 - What's coming up

13:20 - Guest Speaker

13:40 - Questions and answers

13:50 - Close





Thank you for being here.



World mental health day

10th October 2025. 13:00-13:45

Topic: Employee Wellbeing with Wendy Garrett

The first ever national
MHFAider Day

SAVE THE DATE

**12 Nov
2025**



#MHFAiderDay



Upcoming International mental health/wellbeing dates for your diary:

November:

Month focus: Men's Mental Health Awareness Month & Movember

3 - 7th: International Stress Awareness Week

5th: National Stress Awareness Day

5th: Bonfire night

10-14th: Anti-Bullying Week

11th Armistice Day/ Remembrance Sunday

12th: National MHFAider day

December:

Month focus: Seasonal Affective Disorder (SAD) Awareness Month


1st: World AIDS day

3rd: International Day of Persons with Disabilities


2nd-8th: National Grief Awareness Week

5th: International Volunteer Day


11th: Christmas Jumper Day




Mon 6th October - Shirley Lane from Balancing Butterflies, talking about 'Man Oh pause' and the menopause




Mon 10th November - Natasha McCann, founder of Admin Expert Online will be taking us through a 'Brain Dump' activity




Mon 8th December - Helen Cochran - Alvechurch Reki talking about looking after your energy body and offering a guided meditation




Mon 12th January 2026 - Sarah Snape from Sarah J Snape, the Confidence Coach will talk about 'Confidently setting you up for the year'



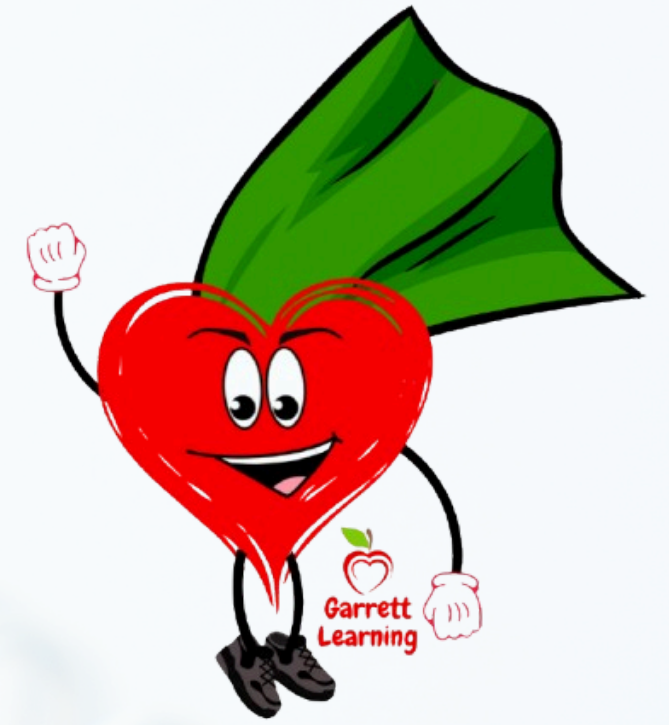
Mon 9th Feb - Anita Arscott-Brooks, founder of Arscott Brookes Development Specialist will talk about 'The Art of Bouncing Back'



Mon 9th March - Champion Supporter 'drop in' chat with Wendy Garrett



Mon 13th April - Claire Elston of Elston HR sharing insights about neurodiversity in the workplace



SATURDAY

**THIS MONTH'S SPEAKER:
SHIRLEY LANE FOUNDER
OF BALANCING
BUTTERFLIES**

**TOPIC:
MAN OH PAUSE /
MENOPAUSE**





Shirley Lane

Midlife Coach

*Hypnotherapist, NLP Practitioner
& Menopause Coach*

What male menopause is, and can look like in the workplace

What is can look like in the workplace

- . Cognitive: brain fog, memory slips
- . Energy: needing naps, loss of stamina
- . Emotional: irritability, low mood
- . Sexual/physical: reduced libido, sleep problems

“Which area would be most visible in your team?”

Simple action plan (for 6 weeks)

- Week 0: check sleep & basic health (GP if severe)
- Week 1– 2: introduce sleep routine, 20 – 30 min daily walk
- Week 3 – 4: start strength training twice weekly + cut evening booze
- Week 5 – 6: reassess energy & mood;
~ if still low, GP blood tests

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



We want to hear
your feedback:



Q&A

Thank you for being here.