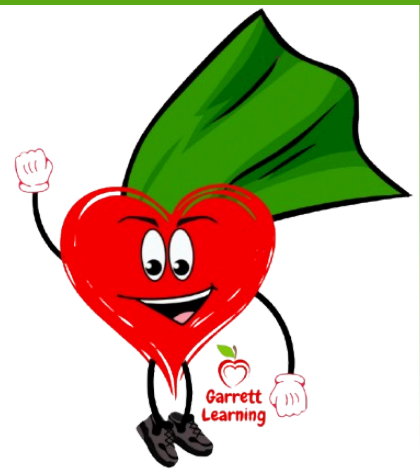


# Workplace Wellbeing Champion. Toolkit.

## November 2025



We were joined by [Natasha McCann](#) - from Business Admin Experts online for a Brain dump exercise! Thank you for joining us and welcome to the new members who popped by for a visit.

With a simple and effective way of prioritising our 'to-do' list, we can use Natasha's proven formula for clarity, productivity and growth.

Natasha shared with us the book by Tim Hindle - Manager your time. Take a look at it [here](#).

At the end of the slides, you'll find the QR code to download Natasha's useful free resources.

### **Upcoming Mental Health and Wellbeing Days:**

Use these upcoming days to raise awareness within your community, share stories and inspire others:

**12<sup>th</sup> November: National MHFAider day** - Let's chat, connect, share our thoughts, ask our questions and celebrate the great work that we do on Wednesday 12<sup>th</sup> November 8:30 - 9:15am GMT. We'd love to welcome you as a MHFAider or Workplace Wellbeing Champion to join our Workplace Wellbeing support session. It's a really informal meet up on Zoom to chat, connect, share our thoughts, ask our questions and celebrate the great work that we do. Sign up for free [here](#).

**13<sup>th</sup> November: World Kindness day** - What could you do for yourself or others today to spread kindness? Share your ideas with us!

### **December is Seasonal Affective Disorder (SAD) Awareness Month**

- Learn more about SAD at [Mind](#)

### **3<sup>rd</sup> December: International Day of Persons with Disabilities**

- Learn more about this international day at [United Nations](#)

**5<sup>th</sup> Dec - International Volunteers Day.** Volunteering can help build stronger communities, enhance wellbeing (giving/receiving), develop skills and inspire others. What can you do to either show appreciation to volunteers or do something to benefit others on this date? [Read more here](#).

**2<sup>nd</sup>-8<sup>th</sup> December: National Grief Awareness Week** - Remember Louise Dillion who spoke to us about Talking About Grief in the Workplace, here's some [information](#) from our Workplace Wellbeing Champion session. Reconnect with Louise on [LinkedIn](#)

### **January's focus is on - Dry January & Veganuary**

- Learn more about Dry January from [Alcohol Change](#)
- Try going vegan in January. Find out more [here](#)

### **3<sup>rd</sup>: Festival of Sleep Day**

Sleep is so important for our wellbeing. Who knew there was a festival for it. Share and promote with by taking inspiration from the [Festival of Sleep](#)

### **19<sup>th</sup>: Brew Monday**

An initiative and campaign run by the Samaritans, it reminds us to reach out and take time with someone over a cuppa! Read more [here](#)

### **30<sup>th</sup>: Parent Mental Health Day**

Fro resources, support and signposting visit [STEM4](#) for further information.

## Dates for your diary

Upcoming training dates- Save 10% off for listed prices for being a Workplace Wellbeing Champions:

MHFA England Mental Health Skills for Managers. £150pp on Zoom.

- Monday 17th November 13:00-17:00
- Tuesday 9th December 13:30-17:30

MHFA England Refresher. £150pp on Zoom.

- Tuesday 18th November 13:30-17:30
- Thursday 27th November - 13:30-17:30
- Thursday 11th December - 13:00-17:00
- Thursday 8th January 2026. 13:00-17:00
- Monday 26th January 13:00-17:00

MHFA England Mental Health First Aid (MHFAider). £325pp on Zoom.

- Tuesday 25th & Wednesday 26th November 2025. 09:30-16:30
- Monday 15th to Thursday 18th December. 09:30-12:30
- Tuesday 6th & Wednesday 7th January 2026. 09:30-16:30
- Tuesday 27th & Wednesday 28th January 2026. 09:30-16:30

MHFA England Aware.

- Monday 8th December 09:30-12:30

MHFA England One Day Champion. £195 on Zoom.

- Wednesday 10th December 09:30-16:30
- Thursday 15th January 09:30-16:30

The Work and Wellbeing Three-Day 'Ultimate' Retreat. Studley Castle, Warwickshire. Wednesday 25th to Friday 27th February 2026. £875

### Monthly Workplace Wellbeing Champion sessions: Second Monday\* of the month, 13:00-13:50 GMT

Date:	Theme / guest speaker:
Dec 8th	<u>Helen Cochrane</u> - Looking after your energy 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

