

**Workplace
Wellbeing
Champion!**

November 2025

What will we cover?

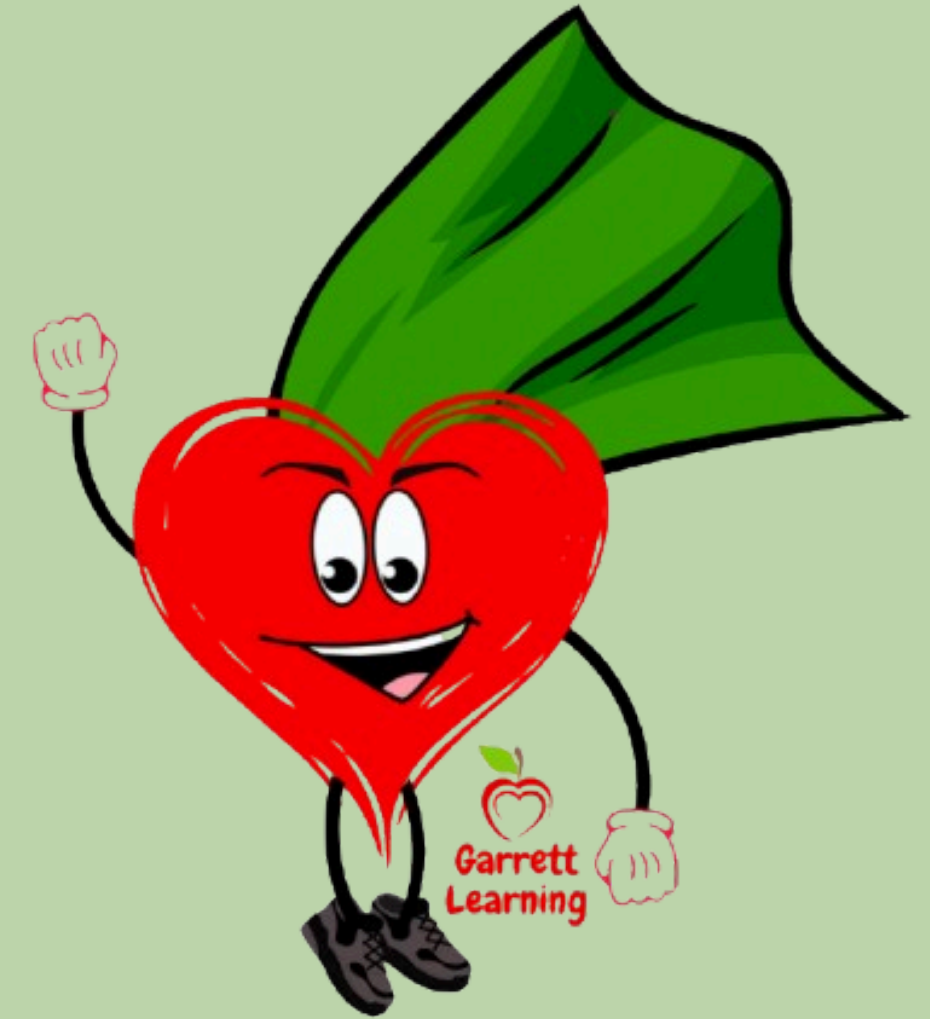
13:00 - Welcome & introductions

13:10 - What's coming up

13:20 - Guest Speaker

13:40 - Questions and answers

13:50 - Close





Thank you for being here.

The first ever national
MHFAider Day



#MHFAiderDay



SAVE THE DATE
**12 Nov
2025**

Wednesday morning

08:30-09:15

Coffee, chat, celebration!

Upcoming International mental health/wellbeing dates for your diary:

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

January:

Monthly focus

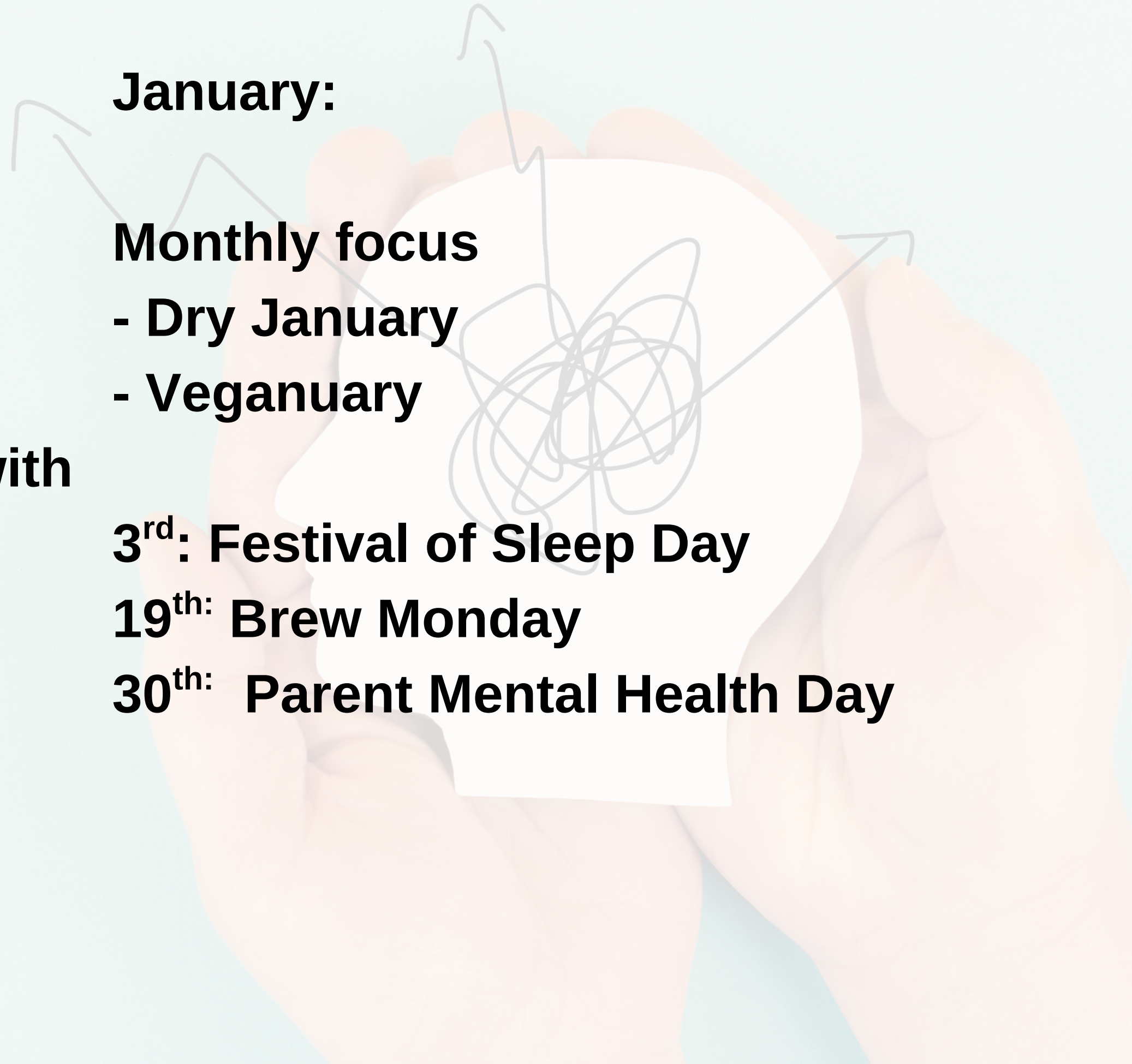
- Dry January

- Veganuary

3rd: Festival of Sleep Day

19th: Brew Monday

30th: Parent Mental Health Day



Learn something new in under an hour!

THIS MONTH'S SPEAKER:
HELEN COCHRANE FOUNDER OF
ALVECHURCH REKI

TOPIC:
**LOOKING AFTER OUR ENERGY BODY AND
A GUIDED MEDITATION**

DATE/TIME:
**MONDAY 8TH
DECEMBER 13:00-13:50**

WHERE:
JOIN US ON ZOOM



Your monthly support and 'check-in' session
- A safe space to ask, share and connect.

THIS MONTH'S SPEAKER:
ANITA ARSCOTT-BROOKS, FOUNDER OF
ARSCOTT BROOKES,
A DEVELOPMENT SPECIALIST

TOPIC:
**THE ART OF BOUNCING
BACK**

DATE/TIME:
**MONDAY 9TH FEBRUARY
13:00-13:50**



THIS MONTH'S SPEAKER:
SARAH SNAPE FOUNDER
OF **SARAH J SNAPE**,
CONFIDENCE COACH

TOPIC:
**CONFIDENTLY SETTING
YOU UP FOR THE YEAR**

DATE/TIME:
**MONDAY 12TH JANUARY 2026
13:00-13:50 GMT**



The next quarterly support session for YOU
is on **Monday 9th March, 13:00-13:50GMT**

Join Wendy and the Wellbeing
Champions for real support.
We create a safe space to ask,
share and connect and get
your questions answered as
we know that workplace
wellbeing isn't a 'one size fits
all approach'.

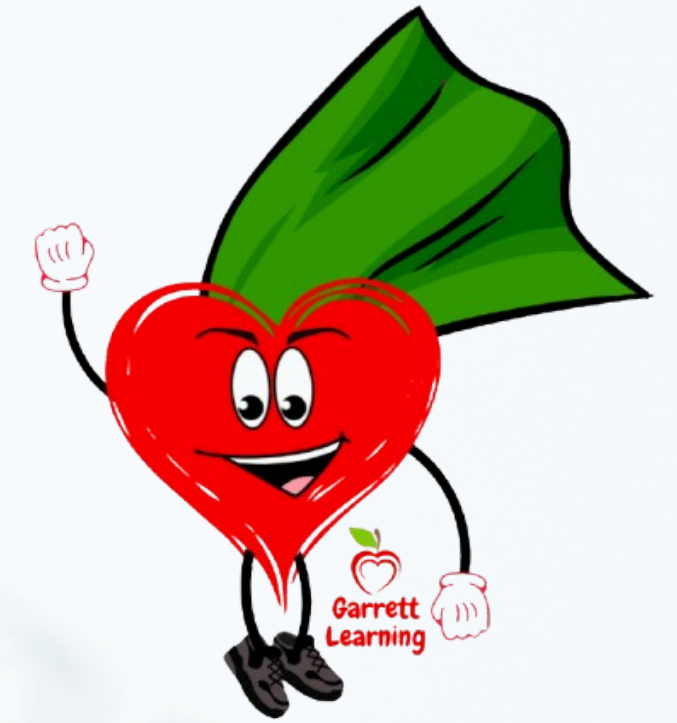


THIS MONTH'S SPEAKER:
CLAIRE ELSTON, founder of **ELSTON HR**

TOPIC:
**NEURODIVERSITY IN
THE WORKPLACE**

DATE/TIME:
**MONDAY 13TH APRIL
13:00-13:50**

WHERE:
JOIN US ON ZOOM



Welcome!

This month's speaker:
Natasha McCann, founder
of **Admin Expert Online**

Topic:
**Brain Dumping
Activity**



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.