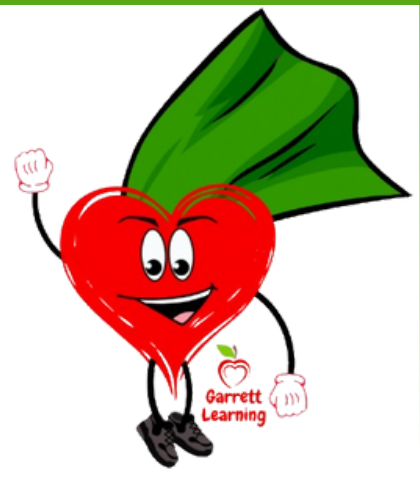


# Workplace Wellbeing Champion. Toolkit.

## December 2025



This month's session was \*Carming \* An afternoon reset \* Felt a sense of love \* We felt tingly \*

Before you listen to this month's recording, you'll need a

- Quiet comfortable space
- Blanket
- Notebook and pen
- Glass of water or warm herbal tea

Thank you so much Helen Cochrane- from Alvechurch Reiki for providing such a safe space for us to relax, ground ourselves and learn how to protect our own energy. Essential as Mental Health First Aiders and those offering help and support to others. We need to protect our energy from other people during the workday and learn how to create a protective bubble around ourselves.

We are so busy in our own heads, it's good to focus on what's going on inside our bodies. It's to thinking about

- How am I?
- What am I carrying?
- What is the energy around us?

Links to the books Helen mentioned:

- <https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>
- <https://drdavidhamilton.com/woowoo/>

The recording was stopped to allow people to ask their questions in a confidential setting.

We spoke about how to ground ourselves. Helen recommended that we 'Ground' ourselves through her full Reiki practice (Reiki One Course), breathing into our belly, and getting out into nature and moving our body (e.g going for a walk) and focusing the energy inside the body.

Thank you Helen. If you'd like to get in touch with Helen, please see her details on her slides, or contact Alvechurch Reiki Helen Cochrane, Reiki Master/Teacher through her website: [www.alvechurchreiki.co.uk](http://www.alvechurchreiki.co.uk) or on Linked In: <https://www.linkedin.com/in/helen-cochrane-484520240/>

### Upcoming Mental Health and Wellbeing Days:

In last month's toolkit, I shared the **January** monthly focus about Dry January and Veganuary. I have recently discovered a new initiative for the month; RED January. Red Together is about starting the year with physical movement and improving our wellbeing. Perhaps you can motivate your team or co-workers to get moving each day with daily desk exercises or walk a mile together before work/ at lunch time / afterwork or set a movement challenge and people can log their progress through an online tracker.

**February** focus:

4<sup>th</sup>: World Cancer Day - Watch/share the video on their website

6<sup>th</sup>: Time to Talk - Have a conversation about mental health with friends, family, or colleagues, whether in person or online

9-15<sup>th</sup> : Children's Mental Health Week - Visit 'This is My Place' for resources and activities

10<sup>th</sup>: Safer Internet Day - Exploring AI

14<sup>th</sup>: Valentine's Day / Gold Heart Day (Supporting disabled children to reach their full potential / International Book Giving Day

17<sup>th</sup>: Random Acts of Kindness Day - lots of resources and ideas to be kind to others

23<sup>rd</sup> - 1<sup>st</sup> March: Eating Disorders Awareness Week - Early intervention is key. Visit BEAT charity to reach out for help and support. Resources and helplines are available through this link.

28<sup>th</sup>: Global Rare Disease Day- 'Share your colours' Lots of resources available, events and how to make a difference.

## Dates for your diary

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

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

- Thursday 29th January 13:00-17:00

MHFA England Refresher. £150pp on Zoom.

- Thursday 8th January 2026. 13:00-17:00
- Monday 26th January 13:00-17:00
- Tuesday 13th January 2026. 13:00-17:00
- Thursday 22nd January 2026. 13:00-17:00
- Monday 26th January 13:00-17:00
- Thursday 5th February 13:00-17:00
- Thursday 12th February 13:00-17:00
- Tuesday 3rd March 09:30-13:30
- Wednesday 18th March 09:30-13:30
- Thursday 2nd April 13:00-17:00#
- Thursday 23rd April 09:00-13:00

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

- 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
- Tuesday 17th & Wednesday 18th February 2026. 09:30-16:30
- Thursday 12th & Friday 13th March 09:30-16:30

MHFA England Aware.

- TBC

MHFA England One Day Champion. £195 on Zoom.

- 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**

<b>Date:</b>	<b>Theme / guest speaker:</b>
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

