

**Workplace
Wellbeing
Champion!**

December 2025

What will we cover?

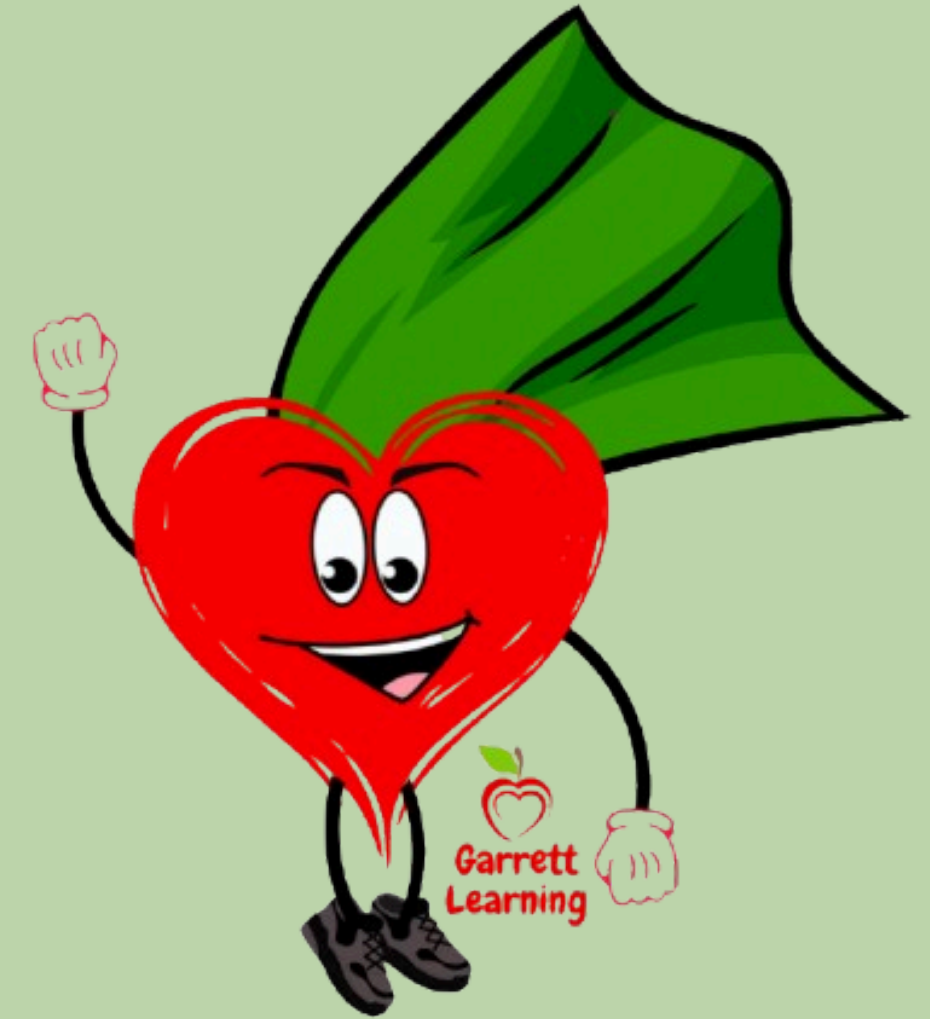
13:00 - Welcome & introductions

13:10 - What's coming up

13:20 - Guest Speaker

13:40 - Questions and answers

13:50 - Close



Welcome Helen - Alvechurch Reiki



Upcoming International mental health/wellbeing dates for your diary:

January:

Monthly focus:

- RED January
- Dry January
- Veganuary

3rd: Festival of Sleep Day

4th: World Braille Day

10th-16th: National Obesity Awareness Week

19th: Brew Monday/Blue Monday

25th: Burns Night

30th: Parent Mental Health Day

February:

4th: World Cancer Day

6th: Time to Talk

9-15th Children's Mental Health Week

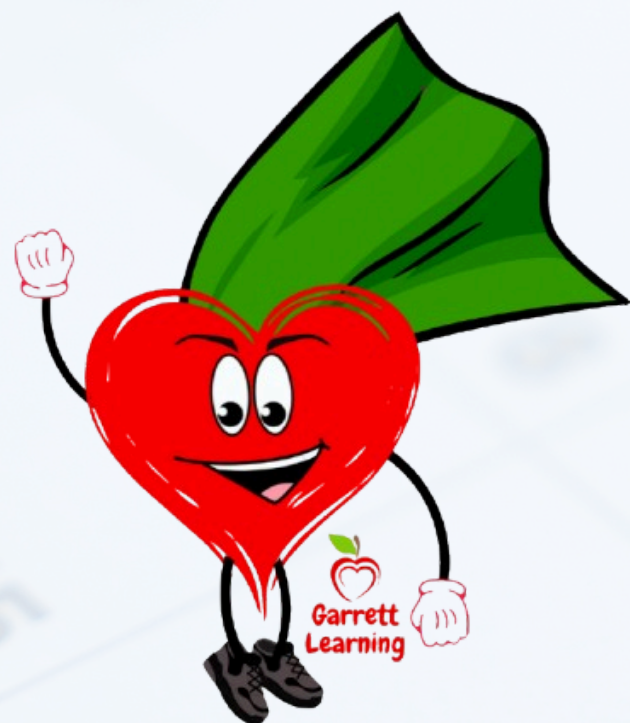
10th: Safer Internet Day

14th: Valentine's Day / Gold Heart Day / International Book Giving Day

17th: Random Acts of Kindness Day

23rd - 1st March: Eating Disorders Awareness Week

28th: Global Rare Disease Day



One guest
One topic
Endless wellbeing insights

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**

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**

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

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.