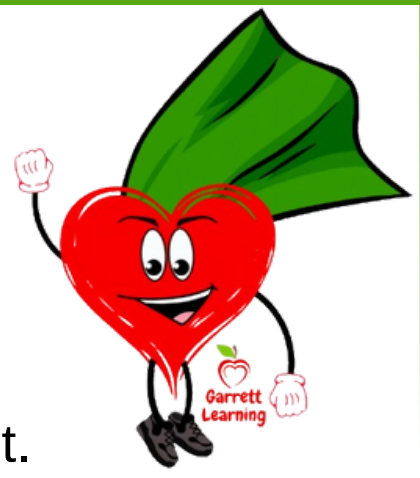


Workplace Wellbeing Champion. Toolkit.

January 2026



This month's session was a moment of pause, breathing and focus for the year ahead with clarity and alignment.

This month's session was an interactive session with thought-provoking questions. Thank you Sarah Snape for helping us to 'Confidently set us for up for the year'.

During the session, we took some deep breaths, completed a lovely visualisation of ourselves and our teams and answered some questions - please note, we stopped the recording during some of these sections so people could share openly within the group.

Get yourself a drink, a note pad and take a listen to Sarah. Thanks again!

You can connect with Sarah Snape:

LinkedIn: <https://www.linkedin.com/in/sarah-snape-life-coach/>

Website: <https://www.sarahjsnape.com/>

Facebook: <https://www.facebook.com/sarahjsnape>

Instagram: <https://www.instagram.com/sarahjsnape>

Pintrest: <https://uk.pinterest.com/sarahsnape7331/>

Upcoming Mental Health and Wellbeing Days:

February focus:

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

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

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

10th: Safer Internet Day - Exploring AI

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

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

23rd - 1st 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.

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

March focus: Monthly focus: Brain Health Awareness Month.

1st: International Self-Injury Awareness Day (also known as Self-Harm Awareness Day). Visit the International Association for Suicide Prevention for information, to break down the stigma and encourage understanding of self-harm.

You could watch/share the link to the video about self-harm created by the charity Mind. Visit the website here:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

10th: University Mental Health Day, a UK initiative to make student mental health a university priority. Student Minds is the place to visit to see how you can digitally get involved.

A great book to read is: The Unbreakable Student by Dr Nic Hooper (my current read!)

13th: World Sleep Day. Share these practical sleep tips:

- Maintain a regular sleep schedule.
- Create a comfortable, dark, and quiet sleep environment.
- Limit caffeine, alcohol, and large meals before bed.
- Avoid screens (phones, computers, TVs) an hour before sleep.
- Get regular exercise.
- Relax before bedtime.

16th to 20th: Neurodiversity Celebration Week. Founded by Siena Castellon in 2018, Neurodiversity Celebration Week is a worldwide initiative to celebrate different minds.

30th: World Bipolar Day Share information to increase understanding and support for bipolar disorder. Read/watch the content created by Mind - Also Stephen Fry is diagnosed with Bipolar, watch his documentary: The Secret Life Of The Manic Depressive

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. £160pp on Zoom.

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

MHFA England Refresher. £150pp on Zoom.

- Thursday 22nd January 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.

- 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**

Date:	Theme / guest speaker:
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



Your questions answered

Do you have a question to ask? Request a topic/speaker? Please drop an email to 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

