

**Workplace  
Wellbeing  
Champion!**

**January 2026**

# What will we cover?

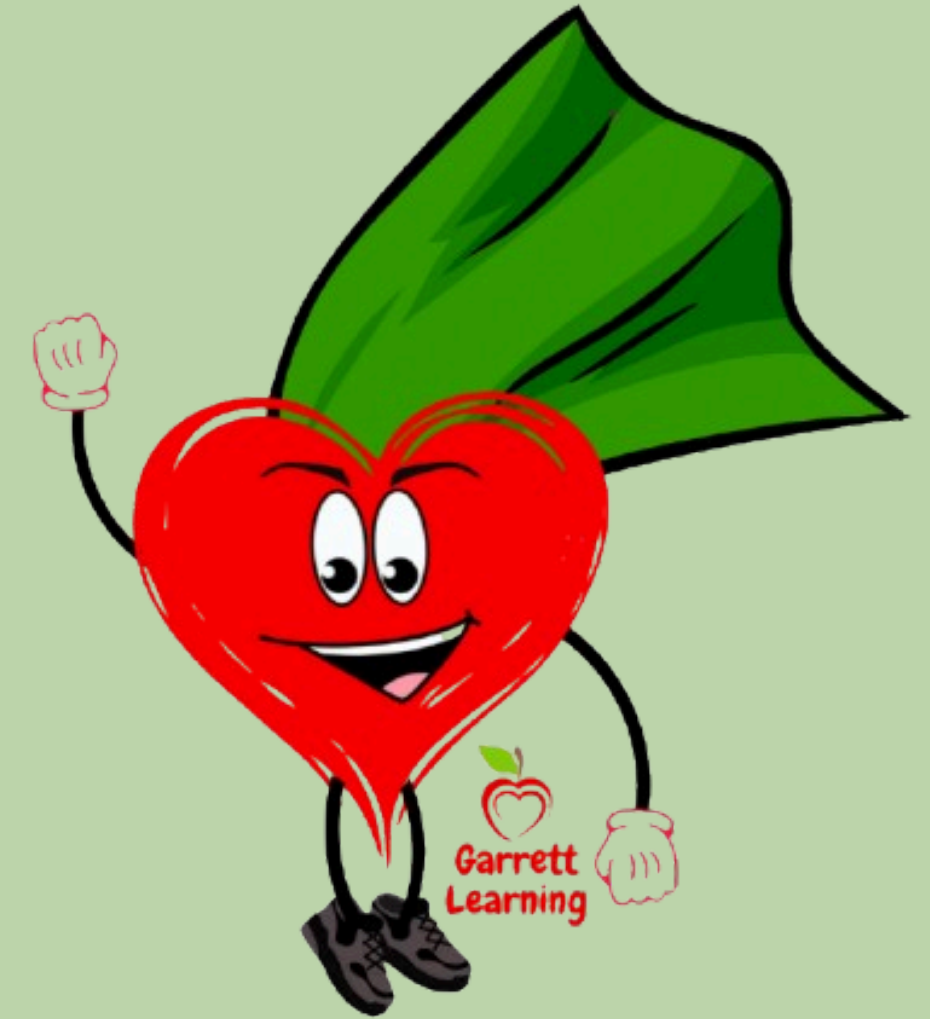
13:00 - Welcome & introductions

13:10 - What's coming up

13:20 - Guest Speaker

13:40 - Questions and answers

13:50 - Close



# Welcome Sarah Snape -Confidence Coach



# Upcoming International mental health/wellbeing dates for your diary:

## January:

### Monthly focus:

- RED January
- Dry January
- Veganuary

**19th: Brew Monday/Blue Monday**

**25<sup>th</sup>: Burns Night**

**30th: Parent Mental Health Day**

## February:

**4<sup>th</sup>: World Cancer Day**

**6<sup>th</sup>: Time to Talk**

**9-15<sup>th</sup> Children's Mental Health Week**

**10<sup>th</sup>: Safer Internet Day**

**14<sup>th</sup>: Valentine's Day / Gold Heart Day /**

**International Book Giving Day**

**17<sup>th</sup>: Random Acts of Kindness Day**

**23<sup>rd</sup> - 1<sup>st</sup> March: Eating Disorders**

**Awareness Week**

**28<sup>th</sup>: Global Rare Disease Day**

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 9<sup>TH</sup> FEBRUARY  
13:00-13:50**



The next quarterly support session for YOU  
is on **Monday 9<sup>th</sup> 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'.



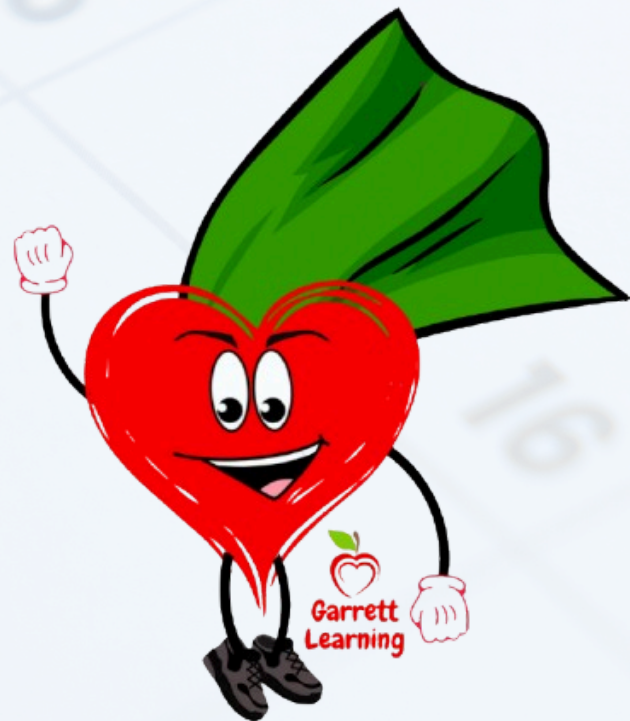
THIS MONTH'S SPEAKER:  
**CLAIRE ELSTON**, founder of **ELSTON HR**



TOPIC:  
**NEURODIVERSITY IN  
THE WORKPLACE**

DATE/TIME:  
**MONDAY 13<sup>TH</sup> 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](mailto:wendy@garrettlearning.co.uk)



We want to hear  
your feedback:



Q&A

Thank you for being here.