



Wellbeing Planner 2026



Suggestions for training and/or wellness interventions or activities that complement our 2026 Wellbeing Calendar.

January to March

January

Dry/Drink Less January

- Understanding Alcohol & Drugs – Including Supporting Others
- Alcohol, Drug & Gambling Awareness – For Employees or For Managers
- Dual Diagnosis: How Using Alcohol and Drugs Can Impact on Mental Health

Brew/Blue Monday

- Financial Information
- Healthy Habits for Hard Times

February

Time to Talk Day

- Looking after your Mental Health
- Looking after Yourself
- Positive Wellbeing & Stress Management

March

International Women's Day

- Women's Mental Health
- Coaching and/or Mentoring (1to1 support)
- Personal Effectiveness
- Personal Resilience
- Essential Leadership Techniques to Increase Alignment & Growth

World Sleep Day

- Getting a Good Night's Sleep
- Nutrition and Helping Sleep
- Sleep Wellbeing Workshop
- Sleep Consultations for those with Mild-Moderate insomnia Sleep Difficulties (1to1 support)

April to June

April

Stress Awareness Month

- An Introduction to Managing Stress and Anxiety
- Mindfulness-based Stress Reduction
- Nutrition: Reducing Stress & Anxiety
- Yoga for Stress Release

National Workplace Wellbeing Day

- Healthy Habits: The Pursuit of Mental Health
- Supporting a Staff Member
- Wellness Activities eg Indian Head Massage, Corporate Chair Massage, Yoga, Arts & Crafts, Cook-A-Longs

May

Mental Health Awareness Week

- Mental Health Awareness
- Understanding Mental Health
- Managing Staff Stress: The Line Manager's Role

World Day for Cultural Diversity

- Inclusivity in the Workplace for Leaders
- Introduction to Neurodiversity
- Understanding Autism in Adults: An Introduction
- Navigating Neurodivergent Diagnosis

June

PTSD Awareness

- PTSD Awareness
- Trauma Informed Yoga
- Dealing with Traumatic Images
- Critical Incident Stress Debriefing for Managers
- Understanding Trauma Informed Practice

Men's Health Week

- Men's Mental Health
- Unlock the Secrets of Male Midlife Health
- Mental Health Awareness

July to September

July

Alcohol Awareness Week

- Understanding Alcohol & Drugs – Including Supporting Others
- Alcohol, Drug & Gambling Awareness – For Employees or For Managers
- Dual Diagnosis: How Using Alcohol and Drugs Can Impact on Mental Health

International Self Care Day

- An Introduction to Self Care
- Introduction to Mindfulness
- Enhance your Emotional Intelligence & Wellbeing
- Wellness Activities eg Indian Head Massage, Corporate Chair Massage, Yoga, Arts & Crafts, Cook-A-Longs

August

International Happiness Happens Month and National Wellness Month

- Wellness Activities eg Indian Head Massage, Corporate Chair Massage, Yoga, Arts & Crafts, Cook-A-Longs

September

World Suicide Prevention Day

- Suicide Awareness
- Mental Health First Aid & MHFA Refresher

World Gratitude Day

- Gratitude for Wellbeing
- Wellness Activities eg Indian Head Massage, Corporate Chair Massage, Yoga, Arts & Crafts, Cook-A-Longs

October to December

October

National Work Life Week

- An Introduction to Wellness for Parents/Carers
- What am I Bringing to the Workplace?
- Work Life Balance
- Understanding Compassion Fatigue

World Mental Health Day

- Managers Promoting Positive Mental Health
- Mental Health First Aid & MHFA Refresher

World Menopause Day

- Understanding Menopause: Navigating the Transition with Confidence
- Mental Health and Menopause
- Yoga for the Stages of Menopause
- Nutrition & Menopause

November

World Kindness Day

- Wellness Activities eg Indian Head Massage, Corporate Chair Massage, Yoga, Arts & Crafts, Cook-A-Longs

International Men's Day

- Men's Mental Health
- Unlock the Secrets of Male Midlife Health
- 1to1 Coaching and/or Mentoring
- Personal Effectiveness
- Personal Resilience
- Essential Leadership Techniques to Increase Alignment & Growth

December

Grief Awareness Week

- Grief and Loss: How to Support Someone

International Day of Persons with Disabilities

- Inclusivity in the Workplace for Leaders

Expert care, with your staff at the centre.

These are only some of the courses and sessions we have available to support your wellbeing initiatives. If you would like us to collaborate with you to develop something more specific and/or more bespoke, whether a one-off session or full programme, do not hesitate to get in touch.

Our Wellbeing team, together with our expert trainers and consultants, will work closely with you to explore your needs, refine your goals, and deliver a customised programme that drives real impact.

You can also explore our online searchable training directory to view more training options, and the 'Services' section of our website gives an excellent overview of the range of interventions we offer.

Email: enquiries@lenabyinspire.com

Visit: lenabyinspire.com



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