

# Welcome

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Welcome to The Wellbeing Project's 2024 Wellbeing Calendar. This is your dedicated resource for all the key wellbeing dates.

We have created the calendar to help you plan your wellbeing initiatives throughout the year. Whether it's World Kindness Day or Learning at Work Week, we've got it covered.

We hope it supports you as you continue to invest in your most important asset - your people.







Warm wishes,  
The Wellbeing Project

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# January - April 2024

SUPPORTING HEALTHY, HIGH PERFORMANCE THROUGHOUT THE YEAR

JANUARY		FEBRUARY		MARCH		APRIL	
DRY JANUARY	VEGANUARY	LGBT HISTORY MONTH		WOMEN'S HISTORY MONTH		STRESS AWARENESS MONTH	
15 Blue Monday		1 Time to Talk Day	4 World Cancer Day	1 Employee Appreciation Day	8 International Women's Day	2 World Autism Acceptance Day	7 World Health Day
	27 Parental Mental Health Day		17 Random Acts of Kindness Day	11-17 Nutrition and Hydration Week	18-24 Neurodiversity Celebration Week	22 Earth Day	25 On Your Feet Britain
		24 Emotional Health Day			20 World Happiness Day		28 World Health & Safety Day At Work

# Spotlight: Manager Impact

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According to Gartner, manager development is the #1 HR priority in 2024.

This comes as no surprise. It is no longer enough to simply direct and delegate. Managers today must know how to support team wellbeing, navigate change and create a high performing team culture.

Yet up to two thirds of managers never receive any formal training for their roles (CMI).

This risks significant strain for the team and for business performance. 50% of employees with poorly developed managers report that work has a negative impact on their mental health (CIPD). A further 50% of employees who felt dissatisfied with their managers plan to leave their roles in the next 12 months (CMI).

That's why our expert business psychologists have developed our manager training programme. It addresses the key challenges managers face, and equips them with the essential skills they need to succeed.

**Learn more about our manager development training.**

[Find out more](#)



# May - August 2024

SUPPORTING HEALTHY, HIGH PERFORMANCE THROUGHOUT THE YEAR

MAY		JUNE		JULY		AUGUST	
NATIONAL WALKING MONTH		PRIDE MONTH		PLASTIC FREE JULY	DISABILITY PRIDE MONTH		
	<p>5</p> <p>World Laughter Day</p>	<p>5</p> <p>World Environment Day</p>	<p>8</p> <p>Global Wellness Day</p>		<p>14</p> <p>International Non-binary People's Day</p>	<p>1-7</p> <p>World Breastfeeding Week</p>	<p>1</p> <p>Cycle to Work Day</p>
<p>13-19</p> <p>Black Inclusion Week</p>	<p>13-19</p> <p>Mental Health Awareness Week</p>	<p>10-16</p> <p>International Men's Health Week</p>		<p>18</p> <p>International Nelson Mandela Day</p>			<p>30</p> <p>Grief Awareness Day</p>
<p>13-19</p> <p>Learning at Work Week</p>		<p>17-23</p> <p>Learning Disability Week</p>			<p>30</p> <p>International Day of Friendship</p>		

# Spotlight: Resilience

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The importance of building a resilient workforce that can thrive in the face of adversity cannot be underestimated.

In 2022, Collins Dictionary voted 'permacrisis' the word of the year. The pandemic, war, recession, cost-of living, climate change, political instability - these crises are impacting businesses in unprecedented ways.

At the same time, as we move through an era of perpetual and pervasive change, employees are being worn down. Burnout is rife, staff turnover is on the rise and innovation is at risk.

That's where resilience comes in. Research by Said Business School has shown that healthy and happy workers are 13% more productive, and the average ROI for investment in proactive wellbeing support is £5.30 for every £1 spent.

Resilience is one of the most valuable skills in the modern workplace, and the good news is that, with the right support, it can be learned by anyone.


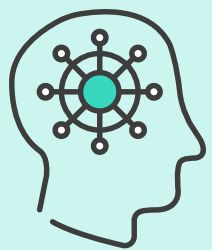





**Learn more about our resilience training for employees, managers and leaders.**

[Find out more](#)



# September - December 2024

SUPPORTING HEALTHY, HIGH PERFORMANCE THROUGHOUT THE YEAR

SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
<b>SLEEPTEMBER</b>		<b>BLACK HISTORY MONTH</b>	<b>STOPTOBER</b>	<b>MOVEMBER</b>			
10 World Suicide Prevention Day	23-27 International Happiness at Work Week	7-11 Work Life Week		6 Stress Awareness Day		1 World AIDS Day	3 International Day of People with Disabilities
21 World Gratitude Day	23-29 National Inclusion Week		10 World Mental Health Day	11 Remembrance Day			10 Human Rights Day
	29 World Heart Day	18 World Menopause Day			13 World Kindness Day		20 World Solidarity Day

# Get in Touch

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The Wellbeing Project is your strategic partner in people development. With nearly 2 decades' experience delivering training, coaching and assessment solutions, we champion a whole-organisation approach to create thriving workplace cultures.

Our expert team of business psychologists brings a wealth of knowledge and experience to the table. With a deep understanding of human behaviour and organisational dynamics, we take a personalised approach to meet the specific needs and challenges faced by our clients.

If you'd like to find out more about how we can support your organisation, get in touch below.

[Enquire now](#)

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