

The Wellbeing Pairing Menu 2025-2026



A curated selection of workshops perfectly paired with key wellbeing events.
Like a sommelier for your workplace wellbeing calendar.

Date	Awareness Day	Recommended workshop	Why it works
15 Aug	National Day Against Bullying and Violence	<u>Workplace Respectfulness (Bullying and Harassment Awareness)</u>	<i>Refined, full-bodied and harmonious.</i> Empowers your staff to recognise their rights & responsibilities and to uphold respect at work.
11 Sep	R U OK? Day	<u>Mental Health Awareness</u>	<i>Robust, approachable and essential.</i> Builds capacity and confidence to support self and others.
3 Dec	International Day of People with Disabilities	<u>Inclusive Excellence: Diversity & Inclusion</u>	<i>Complex, rich, and vibrant, unfolds into a celebration of diverse perspectives.</i> Promotes awareness, allyship and an inclusive environment.
1 March	Zero Discrimination Day	<u>Inclusive Excellence: Uncovering Unconscious Bias</u>	<i>Soft, buttery and bright.</i> Encourages self-awareness and promotes better communication and workplace relationships.
17 Mar	Neurodiversity Celebration Week	<u>Inclusive Excellence: Understanding Neurodiversity</u>	<i>Bold, balanced, Neuro-nourishing.</i> Promotes cultures of inclusion and better outcomes for neurodivergent individuals.
7 Apr	World Health Day	<u>Building Resilience</u>	<i>Robust and uplifting.</i> Empowers your staff to strengthen their capacity to flexibly respond to challenges, and promotes wellbeing.
28 Apr	World Day for Safety and Health at Work	<u>Managing Psychosocial Risk</u>	<i>Subtle yet structured, with enduring undertones.</i> An opportunity to explore psychosocial risk in your workplace.
9 Jun	Men's Health Week	<u>Wellbeing Essentials</u>	<i>Fresh and invigorating, with a bold finish.</i> Encouraging male staff to prioritise self-care, seek support, and build healthier habits for long-term mental wellbeing.