

2026

Wellbeing Calendar.

An engaging health and wellbeing experience delivered via our dedicated platform and app. Each week we invite guest experts to discuss a range of fascinating topics. The series is available live or on demand so colleagues can access whenever, wherever they need to.



January

Parenting Safely in an AI-World

February

Dermot Whelan's Practical Tools for Smart Living

**Body Image:
Letting Go of Labels**

March

**Women's Health:
What the Research Says
It's Just Period Pain...Or is it?**

April

**Generations at Work:
Thriving Together
Workplace Wellbeing Day**

May

**Emotional Agility Workshop
How Hiking Saved My Head**

June

**Together for Pride:
Allies in action
Your Career: Pivot, Progress
or Start Fresh at Any Age**

July

**The Juggle is Real:
Balance, Work, Family and You
Retirement Ready:
Your Action Plan**

August

**Rethinking Drinking:
A Healthier Relationship
with Alcohol
Real Life Addiction Recovery
Stories**

September

**Your Heart Health:
Expert Advice for Women
Nutrition for Heart Health**

October

**World Mental Health Day
Menopause and Anxiety:
What's Really Going On?**

November

**Why Men's Mental Health
Matters
Know Your Numbers:
Key Men's Health Checks**

December

**The Art of Saying No:
Honour Your Boundaries
Friendship and Connection:
The Power Within**