



## Wellbeing & Awareness Day Planner

Your shortcut to timely, relevant events that inspire healthy high performance.

Across the year, themed days and awareness weeks capture attention and spark conversation. Linking your wellbeing events to these moments makes them instantly more relevant and memorable.

That's why we've created this planner. It brings together key dates and pairs each one with **thrivinar** ideas, expert-led sessions that turn awareness into action. From Stress Awareness Month to World Kindness Day, you'll find ready-made opportunities to build skills, strengthen connection, and nurture a healthier, happier, high-performing culture.

Use the planner as your springboard. Choose the dates that matter most to you and we'll help you bring them to life with sessions that create a ripple effect, making wellbeing contagious..



2026



# Wellbeing & Awareness Day Planner

Your shortcut to timely, relevant events that inspire healthy high performance.

## JANUARY



Dry January / & / Veganuary

Mid Dec - January  
Festival of Winter Walks

19th  
Blue Monday

30th  
Parental Mental Health Day



### ☀ January thrivinars ☀

#### Redefining Success

**thriving** at Work and in Life - Reset ambitions for the year ahead, balance priorities & create a sustainable plan for peak performance. [More](#)

#### Motivation Mastery

Find your best way to stay motivated and make new habits stick with 4 science-backed strategies. [More](#)

#### Addiction & Recovery

Challenge stigma and create a culture where people feel safe and supported. [More](#)

## FEBRUARY



LGBTQ+ Month

6th  
Time To Talk Day

17th-13th  
Mental Health Week Ireland

17th Feb  
Random Acts of Kindness Day



### ☀ February thrivinars ☀

#### How to Be a Better Ally

Learn ways to champion inclusion and support colleagues with confidence and empathy. [More](#)

#### Belonging: Cultivating Personal Wellbeing and Collective Success

Explore how creating a true sense of belonging boosts wellbeing, performance, and team success. [More](#)

#### Reaching Out for Help

Build the confidence to ask for support when you need it most. [More](#)

## MARCH



6th  
Employee Appreciation Day

8th  
International Women's Day

8th  
World Procrastination Day

13th  
World Sleep Day

16th-20th  
Neurodiversity Celebration Week

20th  
World Happiness Day

### ☀ March thrivinars ☀

#### Valuing Neurodivergent Minds

Discover the power of different thinking styles, and how to create environments where all minds thrive. [More](#)

#### Hormones at Work: Unlocking Performance

Understand how female hormones influence energy, focus and confidence. [More](#)

#### Setting Healthy Personal Boundaries

Discover the power of different thinking styles and help every mind thrive at work. [More](#)



**thrivinars** are expert-led wellbeing sessions that turn awareness days into action - building skills, boosting connection, and inspiring healthier, happier, high-performing teams.



2026



# Wellbeing & Awareness Day Planner

Your shortcut to timely, relevant events that inspire healthy high performance.

APRIL



Stress Awareness Month

1st

International Fun at Work Day

7th

World Health Day

24th-30th

Global Inter-generational Week

21st

Creativity And Innovation Day

22nd

Earth Day

24th

On Your Feet Britain

☀ April thrivinars ☀

### Stress Less

Spot stress earlier and use six proven techniques to feel better, faster. [More](#)

### Optimising Stress

Learn how to find your personal stress “sweet spot” and help others do the same. [More](#)

### Embracing Intergenerational Diversity

Understand generational perspectives, break down stereotypes, and build stronger, more collaborative teams. [More](#)

MAY



National Walking Month

11th-17th

Womens Health Week

12th-18th

Mental Health Awareness Week

11th-18th

Black Inclusion Week



4th-10th

Learning at Work Week

20th

International HR Day

☀ May thrivinars ☀

### Overcoming Imposter Syndrome

Learn six practical strategies to boost confidence and silence your inner critic. [More](#)

### Hormones at Work: Unlocking Performance

Understand how female hormones influence energy, focus and confidence - keys to healthy high performance. [More](#)

### Racial Equity

Practical steps to move from awareness to meaningful action on racial equity. [More](#)

JUNE



LGBTQ+ Pride Month

5th

World Environment Day

8th-14th

Men's Mental Health Week

8th-14th

Loneliness Awareness Week

15th-21st

Learning Disability Week

☀ June thrivinars ☀

### How to Be a Better Ally

Learn ways to champion inclusion and support colleagues with confidence and empathy. [More](#)

### Addiction and the Workplace

Understand how addiction can show up at work, reduce stigma, and learn ways to start safe, supportive conversations. [More](#)

### Reaching Out for Help

Build the confidence to ask for support when you need it most, even in high-pressure moments. [More](#)



thrivinars are expert-led wellbeing sessions that turn awareness days into action - building skills, boosting connection, and inspiring healthier, happier, high-performing teams.



2026



# Wellbeing & Awareness Day Planner

Your shortcut to timely, relevant events that inspire healthy high performance.

## JULY



### Disability Pride Month

24th

The Big Listen by Samaritans



30th

International Friendship Day

### ☀ July thrivinars ☀

#### How to Be a Better Ally

Learn ways to champion inclusion and support colleagues with confidence and empathy. [More](#)

#### Reaching Out to Help Others

Learn how to approach and support colleagues in ways that feel natural and respectful. [More](#)

#### Reaching Out for Help

Build the confidence to ask for support when you need it most. [More](#)

## AUGUST



### Happiness Happens Month

6th

Cycle to Work Day



26th

Women's Equality Day

30th

Grief Awareness Day

### ☀ August thrivinars ☀

#### Authentic Connection

Build deeper relationships that boost resilience and success at work. [More](#)

#### Belonging

Create an environment where people feel valued and included, boosting performance. [More](#)

#### Leading Healthy High Performance

Practical ways leaders can role model healthy habits, inspire teams & embed wellbeing. [More](#)

## SEPTEMBER



### SleepSeptember

10th

World Suicide Prevention Day

14th-21st

National Inclusion Week (UK)

21st

World Gratitude Day

29th

World Heart Day

### ☀ September thrivinars ☀

#### How to Be a Better Ally

Learn ways to champion inclusion and support colleagues with confidence and empathy. [More](#)

#### Reaching Out for Help

Build the confidence to ask for support when you need it most. [More](#)

#### Building Personal Resilience

Be healthier, happier and more holisitcally successful. [More](#)



**thrivinars** are expert-led wellbeing sessions that turn awareness days into action - building skills, boosting connection, and inspiring healthier, happier, high-performing teams.



2026



# Wellbeing & Awareness Day Planner

Your shortcut to timely, relevant events that inspire healthy high performance.

## OCTOBER



UK Black History Month (UK)

5th-9th  
National Work Life  
Week (UK)

10th  
World Mental  
Health Day

18th  
World Menopause  
Day



### ☀️ October thrivinars ☀️

#### thriving Through Menopause

Understand, support, and reframe menopause as a positive catalyst for individuals and business. [More](#)

#### Building Personal Resilience

Create a healthier, happier and a more holisitcally successful life. [More](#)

#### Racial Equity

Practical steps to move from awareness to meaningful action on racial equity. [More](#)

## NOVEMBER



November

4th  
Stress Awareness  
Day

13th-19th  
Trans Awareness  
Week

13th  
World Kindness Day

16th  
International Day  
for Tolerance

16th-20th  
Anti bullying week

19th  
International  
Men's Day

### ☀️ November thrivinars ☀️

#### Stress Less

Spot stress earlier and use six proven techniques to feel better, faster. [More](#)

#### How to Be a Better Ally

Champion inclusion and call out micro-aggressions to create safer workplaces. [More](#)

#### Reaching Out to Help Others

Learn how to approach and support colleagues in ways that feel natural and respectful. [More](#)

## DECEMBER



3rd  
International Day  
of Persons with  
Disabilities



Mid Dec. - January  
Festival of Winter  
Walks

### ☀️ December thrivinars ☀️

#### Authentic Connection

Strengthen workplace relationships and build trust during the festive season. [More](#)

#### Redefining Success

Reflect on your year, redefine what success means, and plan a balanced path ahead. [More](#)

#### Digital Wellbeing: For Home and Family

Reset screen habits and protect connection, rest, and focus at home. [More](#)



**thrivinars** are expert-led wellbeing sessions that turn awareness days into action - building skills, boosting connection, and inspiring healthier, happier, high-performing teams.

