

February | Safe spaces at work

Vitae event

Psychosocial safety

Wellbeing days

All month
Pride Month
(New Zealand)

Wed 17th
Random Acts
of Kindness
Day

March | Women's health

Vitae event

Lifestyle - for
women

Wellbeing days

Mon 8th
International
Women's Day

Fri 19th
World Sleep
Day

April | Health & safety

Vitae event

Managing work
demands

Wellbeing days

Wed 28th
World Day for Safety and
Health at Work

May | Respect in the workplace

Vitae event

AWARENESS:
People & Culture
services

Wellbeing days

Fri 14th
Pink Shirt Day

June | Relationships

Vitae event

All about
relationships (
couples counselling,
loneliness)

Wellbeing days

All month
Pride Month
(international)

14th - 20th
Men's Health
Week

July | Leadership

Vitae event

Leadership and
navigating change

Wellbeing days

Sat 24th
International
Self-Care Day

Fri 30th
International
Day of
Friendship

August | Financial wellbeing

Vitae event

Financial wellbeing

Wellbeing days

All month
Money Month

Thurs 12th
World Youth
Day

September | Manaaki Month

Vitae event

Burnout

Wellbeing days

Fri 10th
Suicide
Prevention
Day

Tues 21st
International
Day of Peace

October | Mental health awareness

Vitae event

Mental Health
Awareness Week

Wellbeing days

TBC
Mental Health
Awareness
Week

Mon 18th
International
Menopause
Day

November | Men's health

Vitae event

AWARENESS:
Professional
supervision service

Wellbeing days

All month
Movember

Fri 19th
International
Men's Day

December | Disability support

Vitae event

Disability

Wellbeing days

Fri 3rd
International
Day of Persons
with Disabilities

Fri 10th
International
Human Rights
Day

