

Welcome

Welcome to The Wellbeing Project's 2025 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,



Sam Fuller (CEO and Founder
of The Wellbeing Project)






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January - April 2025



SUPPORTING HEALTHY PERFORMANCE THROUGHOUT THE YEAR

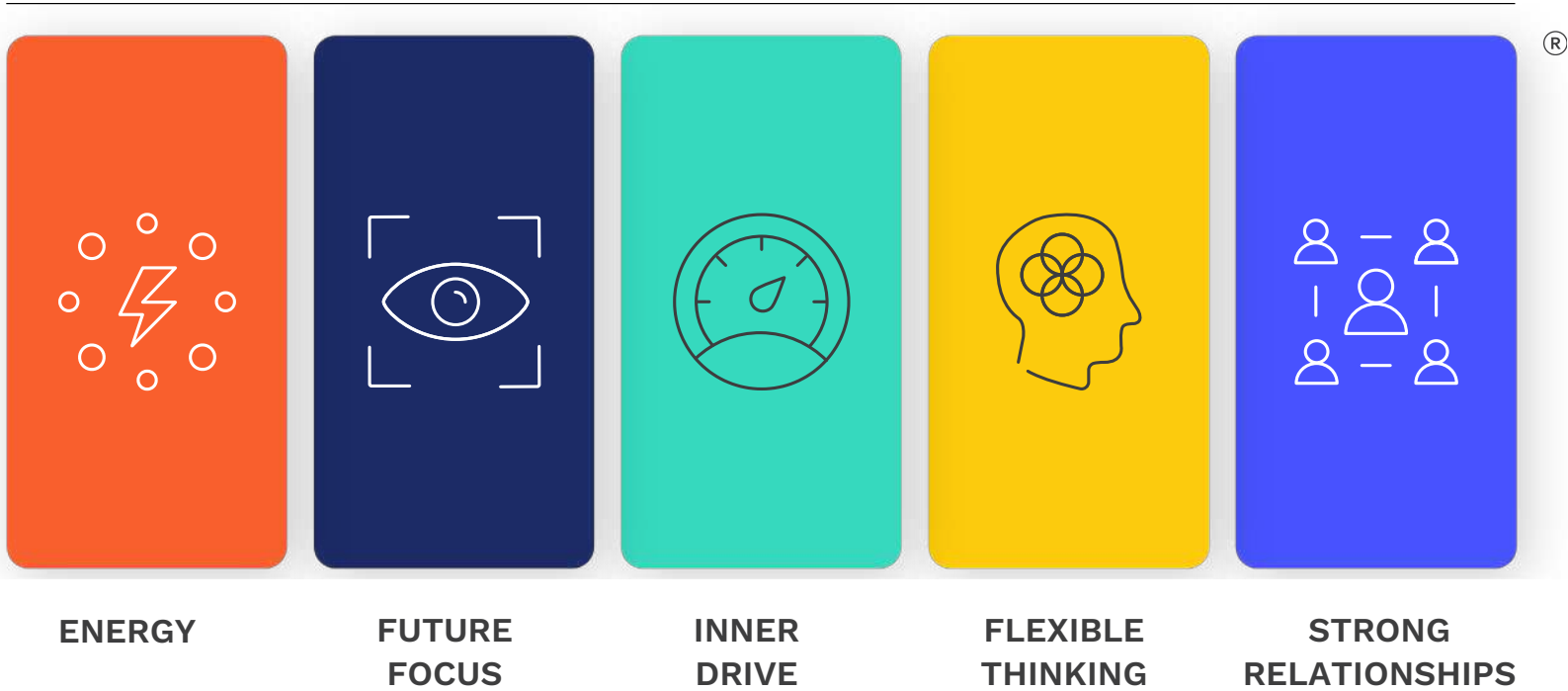
JANUARY		FEBRUARY		MARCH		APRIL	
DRY JANUARY	VEGANUARY	LGBT HISTORY MONTH		WOMEN'S HISTORY MONTH		STRESS AWARENESS MONTH	
20 Blue Monday		4 World Cancer Day	6 Time to Talk Day	7 Employee Appreciation Day	8 International Women's Day	2 World Autism Acceptance Day	7 World Health Day
	27 Parental Mental Health Day		17 Random Acts of Kindness Day	14 World Sleep Day	17-23 Neurodiversity Celebration Week	22 Earth Day	24 On Your Feet Britain
				17-23 Nutrition and Hydration Week	20 World Happiness Day		28 World Health & Safety Day At Work

The 5 Pillars of Resilience[®]



In today’s fast-paced business environment, burnout and stress are all too common. That’s why workforce resilience has become an increasing priority. Resilience is the ability to navigate challenges, stress, and adversity. It’s not about avoiding stress but responding to it in a way that protects wellbeing and performance.

The 5 Pillars of Resilience is a scientifically validated model of resilience at work. It breaks down resilience into clear, relatable concepts that can be developed through training and assessment.



Introducing the 5 Pillars of Resilience

- 1. Energy:** Sustaining physical energy to meet daily challenges.
- 2. Future Focus:** Maintaining a clear sense of purpose and direction.
- 3. Inner Drive:** Staying motivated and persevering, even when things are tough.
- 4. Flexible Thinking:** Approaching challenges with an open-minded and positive perspective.
- 5. Strong Relationships:** Building trusted, supportive connections inside and outside of work.






Find out more about The 5 Pillars of Resilience.

[Find out more](#)

May - August 2025



SUPPORTING HEALTHY PERFORMANCE THROUGHOUT THE YEAR

MAY		JUNE		JULY		AUGUST	
NATIONAL WALKING MONTH		PRIDE MONTH		PLASTIC FREE JULY	DISABILITY PRIDE MONTH		
	<div>4</div> <div>World Laughter Day</div>	<div>5</div> <div>World Environment Day</div>	<div>14</div> <div>Global Wellness Day</div>		<div>14</div> <div>International Non-binary People's Day</div>	<div>4-10</div> <div>World Breastfeeding Week</div>	<div>7</div> <div>Cycle to Work Day</div>
<div>12-18</div> <div>Black Inclusion Week</div>	<div>12-18</div> <div><u>Mental Health Awareness Week</u></div>	<div>9-15</div> <div>International Men's Health Week</div>	<div>9-15</div> <div>Loneliness Awareness Week</div>	<div>18</div> <div>International Nelson Mandela Day</div>			<div>30</div> <div>Grief Awareness Day</div>
<div>12-18</div> <div>Learning at Work Week</div>	<div>20</div> <div>International HR Day</div>	<div>17-23</div> <div>Learning Disability Week</div>	<div>22</div> <div>Windrush Day</div>		<div>30</div> <div>International Day of Friendship</div>		

Support Employee Wellbeing Throughout the Year

Supporting your employees' wellbeing effectively requires more than just one-off events. It's about providing regular support that addresses employee needs. Here at The Wellbeing Project, we offer a range of wellbeing webinars, designed by experts, to support your people throughout the year. The webinars cover key wellbeing priorities such as:

- Resilience
- Change
- Financial Wellbeing
- Working Parents Wellbeing
- Stress
- Conflict
- Menopause
- Cancer in the Workplace
- Pressure and Workload

Wellbeing Expert Top Pick

NAVIGATING CHANGE

In fast-paced work environments, change is constant. Whether it's a new project or a major transition, it can be both exciting and challenging. That's why the Navigating Change webinar is so important. It is designed to help working people take control of their journey through change.



Sarah Thum-Bonnano
BUSINESS PSYCHOLOGIST


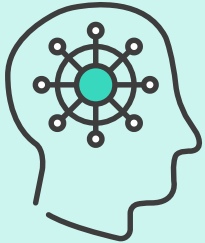





Discover how our wellbeing webinars can support your people.

[Find out more](#)

September - December 2025



SUPPORTING HEALTHY PERFORMANCE THROUGHOUT THE YEAR

SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
SLEEPTEMBER		BLACK HISTORY MONTH (UK)	STOPTOBER	MOVEMBER			
10 World Suicide Prevention Day	15-21 National Inclusion Week	6-10 International Happiness at Work Week		5 Stress Awareness Day		1 World AIDS Day	3 International Day of People with Disabilities
21 World Gratitude Day			10 <u>World Mental Health Day</u>	11 Remembrance Day	13 World Kindness Day		10 Human Rights Day
	29 World Heart Day	18 World Menopause Day			19 International Men's Day		20 World Solidarity Day

Let's Talk

The Wellbeing Project is on a mission to put healthy performance at the heart of how the world does business. With nearly 2 decades' experience delivering training, coaching and assessment solutions, we champion a whole-organisation approach to creating 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 organisations today.

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

[Get in touch](#)

www.thewellbeingproject.co.uk



“ The Wellbeing Project really are experts in the field, and we experience that in every workshop. Our employees find them engaging and take a lot from the sessions.

ALEXANDRA MOORE
ECOTONE