

January

Awareness Days

4th World Braille Day

In the App

PlateUp Challenge

Transforming Lives

Nutrition for Life - Lindy Cook

Service Highlight

Nutrition

THEME

Nutrition

February

Awareness Days

Febfast

4th World Cancer Day

20th World Day of Social Justice

In the App

Move Challenge

Transforming Lives

Self-managing your Career - Carl Baverstock

Service Highlight

Career Coaching

Lifestyle

March

Awareness Days

1st Zero Discrimination Day

8th International Women's Day

17th-23rd Neurodiversity Celebration Week

In the App

Diversity and Inclusion Insights

Transforming Lives

Why Inclusivity Creates Meaningful Change for Customers and Clients - Cate Page

Service Highlight

Specialised Helplines

Inclusivity

April

Awareness Days

7th World Corporate Health Day

25th Anzac Day

28th World Day for Safety and Health at Work

In the App

Sleep Challenge

Transforming Lives

Organisation Health: An Opportunity for a Competitive Advantage - Robyn Phillips

Service Highlight

Lifestyle

THEME

Corporate Health

May

Awareness Days

1st Maternal Mental Health Day

4th Family Pride Day

15th International Day of Families
27th May-3rd Jun Reconciliation Week

In the App

Spotlight on Relationships

Transforming Lives

Relationship and Separation Issues - Supporting Individuals at Work - Mishelle Zara

Service Highlight

Family Counselling

Relationships

June

Awareness Days

Pride Month

1st Global Day of Parents

21st International Day of Yoga
21st World Father's Mental Health Day
3rd Mabo Day

In the App

Money Matters

Transforming Lives

Healthy Money Management Habits - Wade Mills

Service Highlight

Financial Coaching

Finance

Awareness Days

February

- National Ovarian Cancer Month
- 4th World Cancer Day
- 13th Anniversary National Apology

March

- 20th International Day of Happiness
- 21st Harmony Day

April

- 2nd World Autism Awareness Day
- 7th World Health Day

May

- 17th International Day Against LGBTQIA+ Discrimination
- 19th-25th National Volunteer Week
- 26th National Sorry Day

June

- 3rd Mabo Day
- 5th World Environment Day
- 9th-15th Men's Health Week
- 16th-22nd Drug Action Week
- 20th World Refugee Day

July

- Dry July
- 24th Stress Down Day
- 30th International Friendship Day

August

- 5th Jeans for Genes Day
- 9th International Day of the World's Indigenous People
- 12th International Youth Day

September

- 21st World Gratitude Day

October

- 18th World Menopause Day
- 19th-25th Chaplains Beyond Religious Roles Week

November

- 13th World Kindness Day
- 20th World Children's Day
- 28th World Compassion Day

December

- 1st World AIDS Day

July

Awareness Days

6th NAIDOC Week

30th World Friendship Day

In the App

NAIDOC Move Challenge

Transforming Lives

Enhancing First Nations Employment Practices - James Cripps

Service Highlight

First Nations Helpline

THEME

Diversity

August

Awareness Days

7th Aged Care Employee Day

21st National Day Against Bullying and Violence
29th Wear it Purple Day

In the App

Chat Counselling

Transforming Lives

Behaviour in the Workplace - Ebohr Figueroa

Service Highlight

Conflict Support

Workplace Behaviour

September

Awareness Days

7th World Menopause at Work Day

10th World Suicide Prevention Day

11th R U OK? Day

18th World Equal Pay Day

In the App

MindSpace

Transforming Lives

What is Considered a Crisis in Counselling? - Lou Butler

Service Highlight

Employee & Crisis Counselling

Mental Health

October

Awareness Days

National Safe Work Month

Mental Health Month

10th World Mental Health Day

12th-18th Carers Week

18th World Menopause Day

In the App

Menopause Insights

Transforming Lives

Managing Psychosocial Risk Within Teams - Brett Webb/James Sclater

Service Highlight

Manager Support

THEME

Wellbeing

November

Awareness Days

Movember; Domestic and Family Violence Awareness Month

18th Inclusion at Work Week

19th International Men's Day

In the App

Gratitude Journal

Transforming Lives

Creating Safe Spaces: Compassionate Workplace Responses to Domestic & Family Violence - Kate Lawrence

Service Highlight

Domestic & Family Violence Helpline

Kindness

December

Awareness Days

3rd International Day of Persons with Disabilities

5th International Volunteer Day

10th Universal Human Rights Day

In the App

Holiday Season Support

Service Highlight

Disability & Carers Helpline

Connection