

# WELLBEING IN FOCUS **ANNUAL PLANNER** 2021



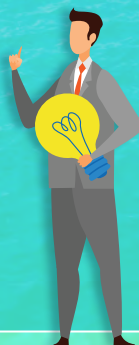
OUR VISION FOR EACH PERSON TO BE THEIR **BEST IN LIFE & WORK**

## Q1 CARE

**Mental Health Awareness**



**Self-Care to Prevent Burnout**



**Food & Mood**



## Q2 CHANGE

**Manage Stress & Build Resilience**



**Emotional Intelligence**



**Positive Psychology & Change**



## Q3 COMMUNICATION

**Effective Communication**



**Constructive Conversations**



**R U OK?**



## Q4 CULTURE

**Conflict Management**



**Positive Psychology: Learn How to Flourish**



**Diversity & Inclusion**



All through the year we bring people together to help build **BETTER CONNECTIONS**

