

2025 WELLBEING CALENDAR

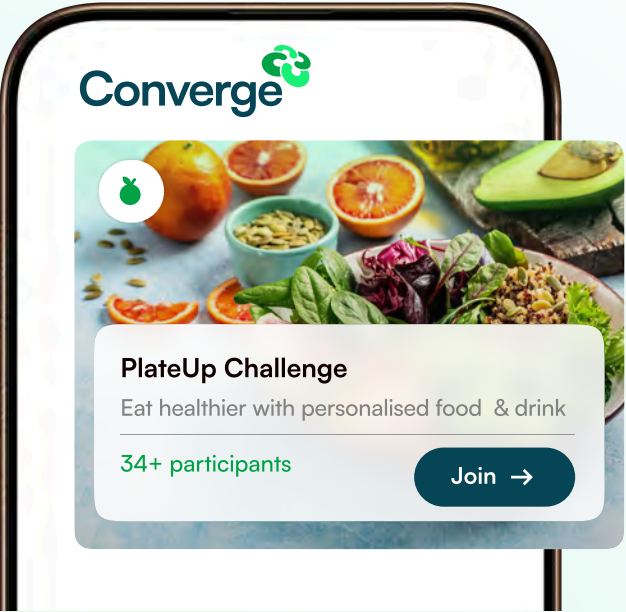
JANUARY Nutrition

Nutrition

Awareness Days

World Braille Day

Every year on January 4th, World Braille Day reminds us of the importance of accessibility and independence for those who are blind or visually impaired.



In the APP

PLATEUP Challenge


Join the Challenge in the Converge Wellbeing app to eat healthier with personalised food and drink.

Transforming Lives Webinar

Nutrition for Life

Discover how simple changes to your diet can boost energy, mood, and overall health.

**Lindy Cook**



Thrive podcast

with guest James Cripps

FEBRUARY Lifestyle

Career Coaching

Awareness Days

World Cancer Day

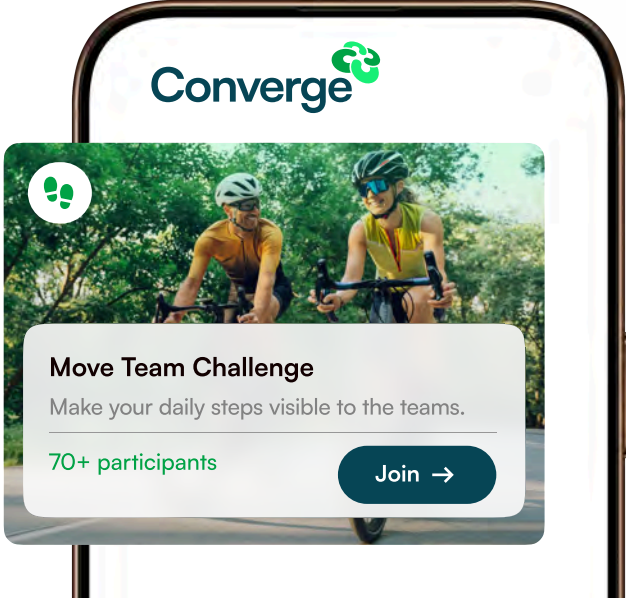
Awareness Days


World Day of Social Justice

In the APP

MOVE Challenge

Join the Challenge in the Converge Wellbeing App to exercise and and make your daily steps visible to the teams.




**Carl Baverstock**

Transforming Lives Webinar

Self-managing your Career

Career coaching is essential for unlocking potential and achieving professional goals. Let's take charge of your career journey this year!



Thrive podcast

with guest Lindy Cook

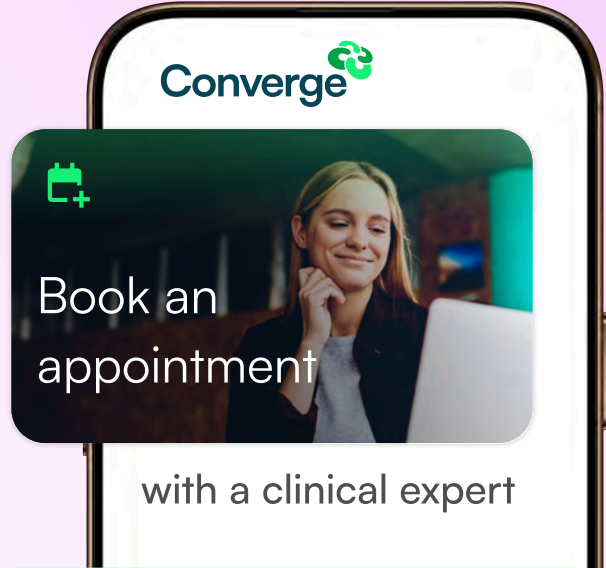
MARCH Inclusivity

Specialised Helplines


In the APP

ONLINE Bookings

Online Booking offers guides and support articles, or raise a support request if you need assistance.




24/7 support available




Transforming Lives Webinar

Why Inclusivity Creates Meaningful Change for Customers and Clients

Help the workplace to create an inclusive environment where all employees can thrive.

**Cate Page**



Thrive podcast

with guest Mitch Robson

Awareness Days

MARCH 01 ZERO Discrimination Day

MARCH 08 International Women's Day

MARCH 17-23 Neurodiversity Celebration Week

