

Employee Wellbeing Calendar

2024

Our Approach to Wellbeing

Corporate wellbeing refers to the process of creating a healthy work environment and giving leaders and employees the tools and support they need to grow.

Incorporating an annual employee wellbeing calendar into your organisation can build a healthier, happier, and more productive workforce.










Wellbeing is a full integration of various aspects like physical, mental, spiritual, and financial wellness. It is a complex interaction that leads to quality of life.

Enabling World has been supporting Global Leaders in Employee Assistance Programs (EAP) and providing effective solutions to support employers.



Calendar at a Glance 2024



Jan	Feb	Mar	Apr	May	Jun
01 - New Years' Day 04 - World Braille Day 12 - National Youth Day 30 - World Leprosy Day Cervical Health Awareness Month	04 - World Cancer Day 14 - Valentine's Day Relationship Wellness Month	08 - International Women's Day 13 - World Sleep Day 20 - International Day of Happiness 24 - World TB Day	02 - World Autism Awareness Day 07 - World Health Day 19 - World Liver Day 22 - World Earth Day 28 - World Day for Safety & Health at Work	01 - World Laughter Day 03 - World Asthma Day 14 - Mother's Day 15 - International Day of Family 17 - World Hypertension Day 21 - World Meditation Day 21 - World Day for Cultural Diversity 31 - Anti-Tobacco Day *Mental Health Awareness Month	03 - World Bicycle Day 05 - World Environment Day 18 - Father's Day 21 - International Day of Yoga LGBTQ Pride Month
					
Jul	Aug	Sept	Oct	Nov	Dec
11 - World Population Day 24 - International Self-Care Day 28 - World Hepatitis Day	08 - Friendship Day 12 - International Youth Day 13 - World Organ Donation Day	10 - World Suicide Prevention Day 14 - World First Aid Day 21 - World Alzheimer's Day 29 - World Heart Day	01 - International Day for the Elderly 01 - World Vegetarian Day 19 - World Mental Health Day	13 - World Kindness Day 14 - World Diabetes Day 14 - Children's Day 19 - International Men's Day	01 - World AIDS Day 03 - World Day of Person with Disabilities
					

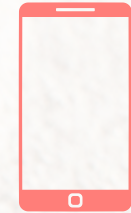
Variety of Solutions



- We help organisations create a customized annual employee well-being plan.
- Mental health training & certification for HR and people managers
- Options of F2F, live virtual class & webinar
- Credits-based attractive corporate scheme
- Options to choose from 160+ employee well-being offerings
- Pick & choose from a ready list of programs or we can create one for you
- Experts & facilitators with 10+ yrs. experience with deep subject knowledge & specialisation
- Designing the macro level internal communication flyers
- Online/App based wellness platform
- Organisational wellness audit



Organisational
Wellness Audit



Online/App Based
Wellness Platform



Live Virtual & Face
to Face Sessions



Expert Talks



Mental Health
Training &
Certification



Suggested Sessions

Jan

01 - New Years' Day
04 - World Braille Day
12 - National Youth Day
30 - World Leprosy Day
Cervical Health Awareness Month

Feb

04 - World Cancer Day
14 - Valentine's Day
Relationship Wellness Month

Mar

01 - World AIDS Day
08 - International Women's Day
03 - World Day of the Handicapped
13 - World Sleep Day
20 - International Day of Happiness
24 - World TB Day

- Happiness a frame of mind
- Embracing life
- Building resilience
- Managing anxiety
- Out of the box
- Restful Sleep
- Personal success
- Stress relaxation techniques
- Making time work for you
- Weight management
- Computer vision syndrome
- Gut & brain connection
- Positive parenting
- Parenting basics: care of infant & new mother
- Power dressing (women)
- Digital wellbeing for women
- Return to office post maternity
- Super mom
- Understanding menopause
- Cultivating thriving relationships
- Care giving to special ability children
- Financial planning for women
- Tax talks: Guide to income tax returns



Series of session on
International Womens Day

<< Know More >>

Suggested Sessions

Apr

- 02 - World Autism Awareness Day
- 07 - World Health Day
- 19 - World Liver Day
- 22 - World Earth Day
- 28 - World Day for Safety and Health at Work

Jun

- 03 - World Bicycle Day
- 05 - World Environment day
- 20 - Father's Day
- 21 - International Day of Yoga
- LGBTQ Pride Month

May

- 01 - World Laughter Day
- 03 - World Asthma Day
- 08 - Mother's Day
- 15 - International Day of Family
- 17 - World Hypertension Day
- 21 - World Meditation Day
- 21 - World Day for Cultural Diversity
- 31 - Anti-Tobacco Day
- * Mental Health Awareness Month

- Health and healing
- Mind-body connection
- The science of sleep
- Nutrition & mental health
- Mindful eating
- Conversation with emotion
- Work-life integration

- Restorative yoga
- Mudras for self-healing
- Chakra based Asanas
- Swara Yoga
- Laughter yoga
- Yoga for managing lifestyle disorders

- Challenges in care giving children with autism

- De-addiction with Smoking cessation
- Fatherhood & men

- Mental health for leaders
- Art of calming down
- Befriending stress
- Dopamine detox
- Psychological first aid
- Stress relaxation techniques

- ♥ Mental wellbeing for LGBTQAI+ community
- ♥ Being an LGBTQAI+ Ally
- ♥ Authentic you: living your truth
- ♥ Breaking stereotypes



Series of session on
International Day for Yoga

<< Know More >>

Suggested Sessions

Jul

11 - World Population Day
 24 - International Self-Care Day
 28 - World Hepatitis Day



Aug

08 - Friendship Day
 12 - International Youth Day
 13 - World Organ Donation Day



Sept

10 - World Suicide Prevention Day
 14 - World First Aid Day
 21 - World Alzheimer's Day
 29 - World Heart Day



- Financial wellbeing
- Finance for non-finance

- Cultivating thriving relationships
- Befriending yourself
- Brand you
- Single parenting

- Leading & engaging Gen Z
- Networking skills for women
- Practicing gratitude
- Building effective relationships at work
- Conflict resolutions at work
- Influencing Skills

- Managing fatigue & burnout
- Breaking stereotype
- Stop sabotaging yourself
- Inner critic
- Mindset of mindfulness
- Reclaiming your real self
- Embracing life

- Expert Talk - Healthy heart
- Health & healing
- Music for wellbeing
- Conscious self-care
- Yoga for women health
- Nutrition for children



Series of session on
International Self-Care Day

<< Know More >>



Suggested Sessions

Oct

- 01 - International Day for the Elderly
- 01 - World Vegetarian Day
- 10 - World Mental Health Day
- 16 - World Food Day



Nov

- 13 - World Kindness Day
- 14 - World Diabetes Day
- 14 - Day
- 19 - Children's Day
- International Men's Day



Dec

- 01 - World AIDS Day
- 03 - World Day of Person with Disabilities
- 10 - Human Rights Day



- IKIGAI
- Unplugging the smart world
- Dealing with superwoman syndrome
- Imposter syndrome
- Handling criticism
- Mental health at workplace
- Celebrating every ability
- Cyber security for children
- Elderly care
- Resiliency for working parents
- New modern musculanity
- The hairy facts
- Addictions in men
- Men and depression
- Welcoming change
- Unfollow self limiting belief
- Budget bites
- Mudras for self-healing
- Nada yoga (healing through sound)
- Gadget de-addiction in children



Series of sessions on
Mental Health Awareness

<< Know More >>

Wellbeing Sessions Delivered At



Other services we offer

- HR Consulting & Advisory
- DEI Initiatives
- Training & Development
- Leadership Interventions
- POSH
- Assessments

Creating a healthier world

www.enablingworld.com/wellbeing
+91 8884874948 / +91 8105000762
engage@enablingworld.com

