



JANUARY 2024

WELLNESS MONTH

WEEK 1

Reflect and Reset

In the first week of January we will signpost colleagues to resources about making positive changes in January. To help colleagues to get this year off to a flying start creating healthy habits for the year to come.

WEEK 2

Building Resilience

This week we will be teaming up with our employee benefits partner YuLife for an interactive online session encouraging us to look after all parts of our health and wellbeing in order to support our personal resilience.

WEEK 3

Financial Wellbeing

After an often expensive December, January can be a great opportunity for some positive financial planning for many of us. This week we will be working with ecosystem partner Integrity 365 for some financial wellbeing tips and tricks.

WEEK 4

Inclusion Network

In support of Neurodiversity in the workplace week we will finish January on a high as we kick off our first belonging and inclusion session of the year exploring neurodiversity and how we can better support our friends, family and colleagues.