


2024 WELLBEING CALENDAR

24/7 Accessibility

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January

Awareness days

- 4th World Braille Day

Flourish January Edition

In the App

Activate the Converge app

Upcoming Event

The ROI of Wellness, Wellbeing and Occupational Health Programs

Service Highlight

8 Assist Streams

Theme: Promote

February

Awareness days

- Febfast

Flourish February Edition

In the App

Converge Move Challenge

Transforming Lives

Promoting your Wellbeing Calendar and Initiatives

Service Highlight

Lifestyle Assist

Theme: Move

March

Awareness days

- 8th International Women's Day
- 18th-24th Neurodiversity Celebration Week

Flourish March Edition

In the App

Diversity and Inclusion Insights

Transforming Lives

Supporting Neurodiversity at Work

Service Highlight

Specialised Helplines Assist

Theme: Neurodiversity

April

Awareness days

- 4th World Corporate Health Day
- 28th World Day for Safety and Health at Work

Flourish April Edition

In the App

Money Matters Module

Transforming Lives

The Cost of Living and Mental Health

Service Highlight

Money Assist

Theme: Finance

May

Awareness days

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

Flourish May Edition

In the App

Spotlight on Relationships

Transforming Lives

Managing Personal Issues in the Workplace

Service Highlight

Conflict Assist

Theme: Relationships

June

Awareness days

- 1st Global Day of Parents
- 21st International Day of Yoga

Flourish June Edition

In the App

Leadership Mini Series

Transforming Lives

Imposter Syndrome

Service Highlight

Career Assist

Theme: Career

Awareness Dates

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
- 20th-26th National Volunteer Week
- 26th National Sorry Day

June

- 3rd Mabo Day
- 5th World Environment Day
- 10th-16th Jun Men's Health Week
- 16th-22nd Jun Drug Action Week
- 20th World Refugee Day

July

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

August

- 2nd Jeans for Genes Day
- 9th Red Nose Day
- 9th International Day of the World's Indigenous People
- 12th International Youth Day

September

- 21st World Gratitude Day

October

- 18th World Menopause Day
- 20th-26th Chaplains Beyond Religious Roles Week

November

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

December

- 1st World Aids Day

July

Awareness days

- 7th-14th NAIDOC Week

Flourish July Edition

In the App

Cultural Sensitivity

Transforming Lives

Enhancing First Nations Employment Practices

Service Highlight

First Nations Helpline

Theme: Diversity

August

Awareness days

- 7th Aged Care Employee Day
- 16th National Day Against Bullying and Violence

Flourish August Edition

In the App

PlateUp and H2O Modules

Transforming Lives

The Impact of Nutrition on Mental Health

Service Highlight

Nutrition Assist

Theme: Lifestyle

September

Awareness days

- 10th World Suicide Prevention Day
- 12th R U OK? Day

Flourish September Edition

In the App

MindSpace

Transforming Lives

Enhancing Mental Health Literacy in the Workplace

Service Highlight

Employee Assist

Theme: Mental Health

October

Awareness days

- National Safe Work Month
- 10th World Mental Health Day

Flourish October Edition

In the App

Sleep Challenge

Transforming Lives

Conducting a Psychosocial Risk Assessment

Service Highlight

Manager Assist

Theme: Safety

November

Awareness days

- Movember
- 19th International Men's Day
- 25th White Ribbon Day
- Domestic and Family Violence Awareness Month

Flourish November Edition

In the App

Gratitude Journal

Transforming Lives

Mindful Moments at Work

Service Highlight

Mindspace Module

Theme: Gratitude

December

Awareness days

- 3rd International Day of Persons with Disabilities
- 5th International Volunteer Day

Flourish December Edition

In the App

Holiday Season Support

Transforming Lives

In development

Service Highlight

Hydration/Exercise/Nutrition

Theme: Community