

OPEN ONLINE WELLBEING EDUCATION SESSIONS

January

KEEPING WELLBEING IN MIND IN 2025

February

YOUTH MENTAL HEALTH AWARENESS

SAFEGUARDING

March

SLEEP SOUND

&

NEURODIVERSITY AT WORK

April

STRESS ED

&

BUILDING BRAVER BOUNDARIES

May

MENTAL HEALTH AWARENESS

R.

MENTAL HEALTH FOR LEADERS

June

THE POWER OF PLAY

ጲ

MID-YEAR REFLECTION SESSION

July

EMOTIONAL INTELLIGENCE & AGILITY

&

IAP MINDFITNESS WORKSHOP

August

PSYCHOLOGICAL SAFETY AT WORK

&

AN INTRO TO MINDFULNESS

September

SUICIDE PREVENTION AWARENESS

&

BREAKING THE WORRY CHAIN

October

WORLD MENTAL HEALTH DAY WORKSHOP

&

OVERCOMING IMPOSTER THOUGHTS

November

FINANCIAL WELLBEING

ጲ

LEAN INTO YOUR CHARACTER STRENGTHS

December

PREVENTING AND OVERCOMING BURNOUT

&

EOY REFLECTION SESSION

CLICK ON THE WORKSHOP TITLES FOR MORE INFORMATON AND TO REGISTER

I learnt ways to prioritise self care, check in on myself, reflect nonjudgementally and tweak as I go. -Abstract Expressionist Artist



Loved the facilitator! And all the actionable advice
-Senior Marketing Executive



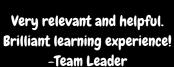
OPEN ONLINE WELLBEING EDUCATION SESSIONS

January	KEEPING WELLBEING IN MIND IN 2025	WEDNESDAY 29TH JANUARY
February	YOUTH MENTAL HEALTH AWARENESS & AN INTRODUCTION TO SAFEGUARDING	FRIDAY 7TH FEBRUARY & TUESDAY 25TH FEBRUARY
March	SLEEP SOUND & NEURODIVERSITY AT WORK	FRIDAY 14TH MARCH & WEDNESDAY 19TH MARCH
April	STRESS ED & BUILDING BRAVER BOUNDARIES	WEDNESDAY 9TH APRIL & WEDNESDAY 30TH APRIL

CLICK ON THE WORKSHOP TITLES FOR MORE INFORMATON AND TO REGISTER









OPEN ONLINE WELLBEING EDUCATION SESSIONS

May	MENTAL HEALTH (MH) AWARENESS & MH AWARENESS FOR LEADERS	WEDNESDAY 14TH MAY & WEDNESDAY 28TH MAY
June	THE POWER OF PLAY THROUGH LIFE & MID-YEAR REFLECTION & CONNECTION SESSION	WEDNESDAY 11TH JUNE & WEDNESDAY 18TH JUNE
July	EMOTIONAL INTELLIGENCE & AGILITY & IAP MINDFITNESS WORKSHOP	WEDNESDAY 16TH JULY & WEDNESDAY 30TH JULY
August	PSYCHOLOGICAL SAFETY AT WORK & AN INTRO TO MINDFULNESS	WEDNESDAY 13TH AUGUST & WEDNESDAY 27TH AUGUST

Great delivery, accessible language with engaging polls. Your programme of events is quite varied, with real takeaways for people to delve deeper if they want to through signposted research and service providers.











OPEN ONLINE WELLBEING EDUCATION SESSIONS

September	SUICIDE PREVENTION AWARENESS - WSPD & BREAKING THE WORRY CHAIN	WEDNESDAY 10TH SEPTEMBER & WEDNESDAY 24TH SEPTEMBER
October	WORLD MENTAL HEALTH DAY EVENT & OVERCOMING IMPOSTER THOUGHTS	FRIDAY 10TH OCTOBER & WEDNESDAY 22ND OCTOBER
November	FINANCIAL WELLBEING & LEAN INTO YOUR CHARACTER STRENGTHS	WEDNESDAY 5TH NOVEMBER & THURSDAY 20TH NOVEMBER
December	PREVENTING AND OVERCOMING BURNOUT & EOY REFLECTION & CONNECTION SESSION	WEDNESDAY 3RD DECEMBER & WEDNESDAY 17TH DECEMBER

CLICK ON THE WORKSHOP TITLES FOR MORE INFORMATON AND TO REGISTER



I love these sessions, they're informative, interactive and I always walk away feeling more energised.





FEEL FREE TO CONNECT WITH US ON OUR SOCIALS OR EMAIL US ON INFO@ITSAPLAYGROUND.ORG
WHY NOT INTRODUCE US TO YOUR ORGANISATION? - WE'D LOVE TO EXPLORE WAYS WE COULD
SUPPORT THEM



It's a State Of Mind Mental. Physical. Social

IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE, ADVENTURE, EXPERIMENT AND LEARN.

WE'RE ENCOURAGED TO BE ACTIVE, CONNECT, SHARE AND PLAY.

LIVE YOUR BEST LIFE... CREATE YOUR OWN PLAYGROUND

WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN AN "IT'S A PLAYGROUND" STATE OF MIND.

INFO@ITSAPLAYGROUND.ORG WWW.ITSAPLAYGROUND.ORG