



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

# IAP WELLBEING CALENDAR 2025

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  
&  
MENTAL HEALTH  
FOR LEADERS

## June

THE POWER OF  
PLAY  
&  
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  
&  
LEAN INTO YOUR  
CHARACTER  
STRENGTHS

## December

PREVENTING AND  
OVERCOMING  
BURNOUT  
&  
EOY REFLECTION  
SESSION

CLICK ON THE WORKSHOP TITLES FOR MORE INFORMATION AND TO REGISTER

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



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



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

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Great session. Very interactive and facts well covered.  
-Global Head of Training & Development



Very relevant and helpful.  
Brilliant learning experience!  
-Team Leader



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

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.

-Program Manager



Another great session, always engaging and enjoyable. Best practice and personal experience always shared.



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

CLICK ON THE WORKSHOP TITLES FOR MORE INFORMATION AND TO REGISTER

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



“  
This programme is so valuable to help  
me as a MHFA-er to feel connected  
with others, and also to feel  
supported.  
-Director  
”

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



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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.**

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