


Health and Wellbeing Calendar 2025

Our health and wellbeing calendar supports your planning by offering a look ahead to a full year of themed content.

 Free webinars for your employees

DECEMBER | HAKIHEA
Navigating stress during the holidays
 Don't wait for a grand gesture; notice and be thankful for the simple things that bring you joy. Research shows that gratitude is linked with mental and physical wellbeing.

NOVEMBER | WHIRINGA-Ā-RANGI
Sleep Well to be Well
 Have you ever noticed it's easier to have a great day on a full night's sleep? Or that a bad day can turn around after an outdoor walk? Our physical health has a massive impact on our mental health, and vice-versa; improve both with our content to focus on the connection between mind and body.

OCTOBER | WHIRINGA-Ā-NUKU
Understanding Perimenopause and Menopause in the Workplace
 The transition from perimenopause to menopause affects half the population but is often misunderstood, especially in the workplace. By fostering understanding and destigmatising these topics, they can create a more supportive environment.

SEPTEMBER | MAHURU
How to Have a Mental Health Conversation
 If you or a loved one is experiencing life changes or challenges, you don't have to go it alone. Our resources may help you better understand what could be holding you back and give you the encouragement and guidance you need to reach out for support.

AUGUST | HERE-TURI-KŌKĀ
Women's Health
 Time flies by and we get so busy. This is a reminder not to neglect your health needs. See our resources for ways to take charge and prioritize your wellbeing.

JANUARY | KOHITĀTEA
New Year Smart Goals
 It's the time of year when bold resolutions are made. This year, choose practical solutions you can achieve and live with throughout the coming year.



JULY | HŌNGONGOI
Couples: Connection and Communication
 Strengthen your relationship with effective communication and deeper connection. This webinar provides tools to navigate challenges and foster lasting intimacy.

FEBRUARY | HUI-TANGURU
Empowered Parenting
 Parenting comes with unique challenges at every stage. This webinar explores strategies to parent with confidence, nurture resilience, and create a positive family dynamic.

MARCH | POUTŪ-TE-RANGI
Neurodiversity
 Learn how to better support neurodivergent team members. This webinar covers workplace accommodations, ally ship, and self-care strategies for neurodivergent individuals.

APRIL | PAENGA-WHĀWHĀ
Unconscious Bias, Diversity and Inclusion
 Inclusivity is about making people feel like they truly belong, are valued, and are respected no matter their differences. Learn more about creating inclusive environments and embracing people for who they are.

MAY | HARATUA
Taking charge of financial wellbeing
 Worrying about finances can be stressful, especially during times of economic hardships. Assessing your finances and putting a plan in place to meet your financial goals can help to reduce those worries and improve your financial wellbeing.

JUNE | PIPIRI
Men's Health
 Gentlemen: Mark your calendars. Scheduling your necessary screenings and taking time out to prioritize your physical and mental health will contribute to your overall wellbeing and vitality.

Key Events in 2025

JANUARY	24 International Day of Education	AUGUST	11-17 Te Wiki Hauora Wāhine (Women's Health Week)
FEBRUARY	Big Heart Day	19 World Humanitarian Day	29 Te Rā Daffodil (Daffodil Day)
4 World Cancer Day	6 Waitangi Day	SEPTEMBER	1 Random Acts of Kindness Day
MARCH	1 Zero Discrimination Day	2-8 Te Wiki Tiaki Ao Tūroa (Conservation Week)	10 World Suicide Prevention Day
8 International Women's Day	15 World Sleep Day	10 Te Wiki o Te Reo Māori (Māori Language Week)	23-29 Mental Health Awareness Week
18-24 Neurodiversity Week	20 International Day of Happiness	OCTOBER	Mental Health Month
30 World Bipolar Day	30 World Day for Safety and Health at Work	Global Diversity Month	10 World Mental Health Day
APRIL	2 World Autism Awareness Day	NOVEMBER	November - Men's Physical & Mental Health
7 World Health Day	22 Earth Day	14 World Diabetes Day	19 International Men's Day
28 World Day for Safety and Health at Work	MAY	DECEMBER	Holiday Season
15 International Day of Families	17 International Day Against Homophobia, Biphobia and Transphobia	1 World Aids Day	3 International Day of Persons with Disabilities
17 Pink Shirt Day	JUNE	5 International Volunteer Day	10 Human Rights Day
17 World Pride Month	5 World Environment Day	JULY	24 International Self-care Day
10-16 Men's Health Week	20 Matariki	30 International Day of Friendship	

Contact the TELUS Health NZ Team

If you would like more information or additional training on any of these topics, please email Lily Olsen in our Organisational Development Team.

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