

Health and Wellbeing Free Webinars for 2024

January

Theme: Renew and reset for the new year

Link to register: <https://register.gotowebinar.com/register/9058911921315729504>

Tue, Jan 16, 2024

12:00 PM - 12:30 PM (NZST)

Summary: The new year is a great opportunity to check in and review your health, habits and lifestyle. Set your goals for 2024.

February

Theme: Taking control of your health: The physical and mental connection

Link to register: <https://register.gotowebinar.com/register/6351157829836262746>

Tue, Feb 20, 2024

12.30 PM - 1:00 PM (NZST)

Summary: Our mental and physical health are intricately connected. Register to understand the effects.

March

Theme: Women's health: taking control of your wellbeing

Link to register: <https://register.gotowebinar.com/register/1111668264134915680>

Tue, Mar 19, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Women face specific health issues, which can significantly impact their wellbeing. Register and stay informed.

April

Theme: Understanding neurodiversity

Link to register: <https://register.gotowebinar.com/register/6002026604133853021>

Tue, Apr 16, 2024

12:30 PM - 1:00 PM (NZDT)

Summary: Neurodiverse people often experience stigma because of a lack of awareness and understanding. Register to learn more about the different conditions.

May

Theme: Incivility in the workplace

Link to register: <https://register.gotowebinar.com/register/2960094644984647512>

Tue, May 21, 2024

12:30 PM - 1:00 PM (NZDT)

Summary: How to effectively and confidently address workplace issues, conflict and incivility in your organisation.

June

Theme: Eco-anxiety: How to cope when the future looks bleak

Link to register: <https://register.gotowebinar.com/register/3356231092286340949>

Tue, Jun 18, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: We hear about environmental threats daily from climate change to natural disasters and infectious disease. Let us help you to ease any associated distress and anxiety.

July

Theme: Courage to change: Guidance for substance use

Link to register: <https://register.gotowebinar.com/register/341396597203652444>

Tue, Jul 16, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Whether you or a loved one may be experiencing a substance use problem, we have the resources to help you identify warning signs and to support you through recovery.

August

Theme: Practicing self-compassion

Link to register: <https://register.gotowebinar.com/register/839615002562944606>

Tue, Aug 20, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Studies have shown that kindness is associated with physical and mental health benefits. Remember to be kind to yourself and others. Find tools to help you put self-care into practice.

September

Theme: More than the blues: Understanding depression

Link to register: <https://register.gotowebinar.com/register/2788232181470399582>

Tue, Sep 17, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Depression isn't always obvious. It can be a prolonged, intense unhappiness about everything, but it is treatable and most people do improve.

October

Theme: Diversity in the Workplace

Link to register: <https://register.gotowebinar.com/register/8413901017172457310>

Tue, Oct 22, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Creating a culture of diversity and inclusion in the workplace.

November

Theme: Men's health: Breaking the stigma

Link to register: <https://register.gotowebinar.com/register/3719226060103841623>

Tue, Nov 19, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Being a man doesn't mean suffering in silence. Getting help when you need it is the right thing to do.

December

Theme: Mastering the practice of gratitude

Link to register: <https://register.gotowebinar.com/register/8537902839041487968>

Tue, Dec 3, 2024

12:30 PM – 1:00 PM (NZDT)

Summary: Do you take the time to notice the good things in your life? Practicing gratitude can help you increase your wellbeing. Pause and reflect with us.

Key Events in 2024

4 FEBRUARY	World Cancer Day
6 FEBRUARY	Waitangi Day
1 MARCH	Zero Discrimination Day
8 MARCH	International Women's Day
13-19 MARCH	Neurodiversity Celebration Week
17 MARCH	World Sleep Day
20 MARCH	International Day of Happiness
7 APRIL	World Health Day
22 APRIL	Earth Day
28 APRIL	World Day for Safety and Health at Work
15 MAY	International Day of Families
17 MAY	International Day Against Homophobia, Biphobia and Transphobia
17 MAY	Pink Shirt Day
JUNE	World Pride Month
	Men's Health Week
5 JUNE	World Environment Day
28 JUNE	Matariki
24 JULY	International Self-care Day
30 JULY	International Day of Friendship
9 AUGUST	International Day of the World's Indigenous Peoples
31 AUGUST	Daffodil Day
31 AUGUST	International Overdose Awareness Day
1 SEPTEMBER	Random Acts of Kindness Day
23-29 SEPTEMBER	Mental Health Awareness Week
	Women's Health Week
10 SEPTEMBER	World Suicide Prevention Day
11 SEPTEMBER	Te Wiki o Te Reo Māori (Māori Language Week)
OCTOBER	Global Diversity Month
	Mental Health Awareness Week
10 OCTOBER	World Mental Health Day
NOVEMBER	November – Men's Physical and Mental Health
19 NOVEMBER	International Men's Day
3 DECEMBER	International Day of People with Disability
5 DECEMBER	International Volunteer Day
6 DECEMBER	White Ribbon Day