## Q4 2018 Wellbeing Calendar

Safety Health and Wellbeing

<table>
<thead>
<tr>
<th>October</th>
<th>November</th>
<th>December</th>
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| **Mental wellness month**  
- Stress less tips  
**Healthy Minds workshops via CareerPath**  
- 4th October  
- Interpersonal Dynamics  
- Combating Conflict & Maintaining Balance Under Pressure  
**Mindfulness**  
- 4th, 11th, 18th October Mindfulness for creativity & vitality  
- 11th October Mindful event  
- 12th October Mindfulness train the trainer  
- 17th October Mindful Leaders series  | **Healthy Minds workshops:**  
Search for these courses via CareerPath  
- 14th November  
  - Complex Personalities  
  - Practical Resilience  | **Keep Calm & Stay on Track**  
- Alive and Well  
**1st – 7th October** Sleep Awareness week  
**Biketober Business Challenge**  
**White Ribbon Month**  
- Sun Smart  
- Safe swimming