



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

**CLICK ON THE WORKSHOP TITLES
FOR MORE INFO AND TO
REGISTER**

IAP WELLBEING CALENDAR 2024

OPEN ONLINE WELLBEING EDUCATION SESSIONS

JANUARY	FEBRUARY	MARCH	APRIL
KEEPING WELLBEING IN MIND IN 2024	YOUTH MENTAL HEALTH AWARENESS & EMPOWERING THE YOUNG PEOPLE IN OUR LIVES	SLEEP SOUND & FINANCIAL WELLBEING	BREAKING THE WORRY CHAIN & BUILDING BRAVER BOUNDARIES
MAY	JUNE	JULY	AUGUST
MENTAL HEALTH AWARENESS & MENTAL HEALTH FOR LEADERS	IT'S A PLAYGROUND - IT'S A STATE OF MIND	THE POWER OF PLAY THROUGH LIFE	PSYCHOLOGICAL SAFETY AT WORK & NEURODIVERSITY AT WORK
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SUICIDE PREVENTION AWARENESS & LEANING INTO YOUR CHARACTER STRENGTHS	WORLD MENTAL HEALTH DAY WORKSHOP & OVERCOMING IMPOSTER THOUGHTS	AN INTRODUCTION TO MINDFULNESS & EMOTIONAL INTELLIGENCE & AGILITY	PREVENTING & OVERCOMING BURNOUT

“ I learnt ways to prioritise self care, check in on myself, reflect non-judgementally and tweak as I go. very lovely instructor, super helpful.

-Abstract expressionist Artist”



“ Loved the facilitator! And all the actionable advice

-Senior Marketing Executive”



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JANUARY	KEEPING WELLBEING IN MIND 2024	WEDNESDAY 24TH JANUARY, 9AM-10AM UTC
FEBRUARY	YOUTH MENTAL HEALTH AWARENESS & EMPOWERING THE YOUNG PEOPLE IN OUR LIVES	FRIDAY 9TH FEBRUARY, 9AM-10AM UTC & TUESDAY 20TH FEBRUARY, 12PM-1PM UTC
MARCH	SLEEP SOUND & FINANCIAL WELLBEING	FRIDAY 15TH MARCH, 9AM-10AM UTC & THURSDAY 21ST MARCH, 12.30PM-1.45PM UTC
APRIL	BREAKING THE WORRY CHAIN & BUILDING BRAVER BOUNDARIES	WEDNESDAY 17TH APRIL, 9AM-10AM UTC + 1 & TUESDAY 30TH APRIL, 9AM-10AM UTC + 1

“

Great session. Very interactive and facts well covered.

–Global Head of Training & Development

”



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“

Very relevant and helpful. Brilliant learning experience!

–Team Leader

”



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MAY	MENTAL HEALTH AWARENESS 6 MENTAL HEALTH FOR LEADERS	WEDNESDAY 15TH MAY, 9AM-10AM UTC + 1 6 FRIDAY 31ST MAY, 9AM-10AM UTC + 1
JUNE	IT'S A PLAYGROUND - IT'S A STATE OF MIND	FRIDAY 28TH JUNE, 9AM-10AM UTC + 1
JULY	POWER OF PLAY THROUGH LIFE	FRIDAY JULY 26TH, 9AM-10AM UTC + 1
AUGUST	PSYCHOLOGICAL SAFETY AT WORK 6 NEURODIVERSITY AT WORK	WEDNESDAY 21ST AUGUST, 9AM-10AM UTC + 1 6 TUESDAY 27TH AUGUST, 9AM-10.30AM UTC + 1

“ 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.
–Volunteer Programme Manager ”



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



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SEPTEMBER	SUICIDE PREVENTION AWARENESS & LEANING INTO YOUR CHARACTER STRENGTHS	TUESDAY 10TH SEPTEMBER, 9AM-10.30AM UTC + 1 & THURSDAY 26TH SEPTEMBER, 9AM-10AM UTC + 1
OCTOBER	WORLD MENTAL HEALTH DAY WORKSHOP & OVERCOMING IMPOSTER THOUGHTS	THURSDAY 10TH OCTOBER, 9AM-10.15AM UTC + 1 & WEDNESDAY 30TH OCTOBER, 9AM-10AM UTC + 1
NOVEMBER	AN INTRO TO MINDFULNESS & EMOTIONAL INTELLIGENCE & AGILITY	WEDNESDAY 13TH NOVEMBER, 8AM-9AM UTC & WEDNESDAY 27TH NOVEMBER, 9AM-10AM UTC
DECEMBER	PREVENTING & OVERCOMING BURNOUT	WEDNESDAY 18TH DECEMBER, 9AM-10AM UTC

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



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“ 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
WHY NOT INTRODUCE US TO YOUR ORGANISATION? - WE'D LOVE TO EXPLORE WAYS WE COULD
SUPPORT THEM



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**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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