

QUARTER 1

Aim & Achieve

- Set realistic personal and professional goals this year.
- Sometimes setting small goals, like drinking more water or stretching every hour, is more achievable and helps you to feel accomplished.



JAN

24 International Day of Education

FEB

13 Anniversary of National Apology to the Stolen Generations

20 World Day of Social Justice

MAR

8 International Women's Day

21 Harmony Day

21 National Close the Gap Day

QUARTER 2

Reflect & Recharge

- Remember to celebrate wins and encourage reflection on achievements.
- Organise wellness check-ins with your team and promote mental health awareness by encouraging mindfulness and gratitude practices.



APR

7 World Earth Day

28 World Day for Safety and Health at Work

MAY

15 Accessibility Awareness Day

26 National Sorry Day

27-3 June
National Reconciliation Week

JUN

Pride Month

5 World Environment Day

10-16
Men's Health Week

QUARTER 3

Nurture & Connect

- As winter sets in, be sure to huddle together with your people. Frequent short meetings are great for boosting team cohesion.
- Connection is just as important as a warm blanket, so reach out regularly to check-in with your team.



JUL

7-14 NAIDOC Week

30 International Day of Friendship

AUG

9 Aged Care Employee Day

9 International Youth Day

30 Wear It Purple Day

SEP

2-6 Women's Health Week

10 World Suicide Prevention Day

11 R U OK? Day

QUARTER 4

Growth & Renewal

- Warmer weather returning means it's a great time to start making the most of the fresh air and sunlight.
- Walking meetings and team picnics are great ways to get active, spend time outdoors, and boost your team's mental health.



OCT

National Safe Work Month

10 World Mental Health Day

13-19
National Carer's Week

NOV

13-19
Transgender Awareness Week

25
International Day for Elimination of Violence Against Women

DEC

3 International Day of People with Disability

5 Human Rights Day



AccessEAP acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of the lands we live and work on throughout Australia.

1800 818 728

Scan here to learn more about our services and resources:
accesseap.com.au