~personify

2025 Engagement Calendar

Boost health and wellbeing across your organization with 12 months of easy and fun ideas to help your people feel and perform their best.



January

3/4 of employees want

February

employees experience

LGBT History

Take time to talk about

the achievements and

history of the gay

rights movement.

your workplace!

Embrace diversity in

Month

March

leaving due to a 'bad

May

Flexible working is the top reason for a good work-life balance.

June

Only 1/3 of LGBTQ+ employees are comfortable being open about their sexuality or gender identity at work.

July

68% of job seekers are more likely to choose a company that is

September August

72% of working parents mix of work life and

anxiety and increase

October

40% of employees say they would leave their company for a more

November

41% of employees say their workplace is where they feel the greatest sense of belonging, second to their home.

December

82% of global employees feel lonely at work.

Dry January

Ditch the booze and opt for more nutritional drinks this month, like fruit-infused water.

Top tip: Put any money aside that you would've spent on nights outs.

Happy New Year!

What are your 2025 goals? Write them down and review them monthly to stay accountable.



April Fool's Day Start the new month with a friendly joke to

April

Relax your muscles

by simply laughing.

for up to 45 minutes

World Maternal Mental Health Day

Can you be doing any more to support the working parents in your workforce?

LGBTQ+ Pride Month

Celebrate your LGBTQ+ employees and the community by learning about the challenges they face and how you can make your workplace more inclusive.

Plastic Free Month

Be kind to yourself, a loved one, or a stranger every day throughout the month.

31-day challenge



Self-Improvement Month

Global Diversity Awareness Month **Gratitude Month** What are you grateful

National

for? Extend this to the workplace and make a "Gratitude activity" so everyone can get involved.

((

World AIDS Day

World Cancer Day



International HR Day

The unsung workplace to reflect on your the good you're doing.



You're halfway through 2025!

on achievements, and celebrate all your wins. **Mindfulness Monday**

Start the day with exercise to help calm your mind, body, and



Kindness Day Ask someone how compliment, or lend a helping hand.

International Volunteer Day

If you can, organise volunteer day. You could visit a local care home and share festive joy!

World Religion Day

Time to Talk Day

Listen, share stories, and organize an event to tackle stigma around mental health.

International

Women's Day Today's a chance to celebrate the women in your life and the achievements made

by women globally.



World Health Day



International Cultural **Diversity Day** The seasons are changing...

Rain or shine, you should always protect your skin from the sun and keep on top of your vitamin intake.

8-12

Join a 9-week workplace wellbeing challenge Enroll your workforce in your fun, healthy habit-

building challenge to make the world greener, and your employees

Humanitarian Day

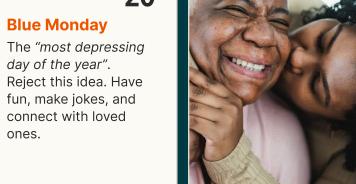
Improve Your

Office Day No matter where your work, there are plenty of ways to spruce up your workspace!

2 weeks to go until 2026... Spend the day celebrating all your achievements and

reflecting on everything you've experienced in 2024. Be proud of yourself.

Blue Monday The "most depressing day of the year".



Valentine's Day

14 World Sleep Day Help your employees feel safe and improve

their sleep with our

Wellbeing Toolkit.

Earth Day Take part in direct action to help clean up our world. Remember to recycle, reuse, and



World **Environment Day**

International

Self-Care Day

World Physical Therapy Day Pop your favourite music on and make

some time for a dance break!

Health Day

World Mental

10

Diabetes Day

(+/_)

World

25-26

Happy Holidays!

+++

ones.

Lunar New Year 2025 is the year of the

for deep thinking and

personal growth.



Wood Snake. It's time

World Day of Social Justice Reflect on how you can make the world

a better place—no

matter big or small.

International Day

of Happiness

Neurodiversity **Celebration Week** Connect with your teams by promoting awareness of neurodiversity and

share ways everyone

can support one another.

World Day for Safety & Health

at Work

World **Meditation Day** Take a moment to

World No

Tobacco Day

focus on your breath. Close your eyes, inhale, hold, and exhale.

World Rainforest Help offset CO2 by donating to special organizations or planting your own

24-30 **World Wellbeing** Week Focus each working

day on a different

wellbeing topic. Start

the week with a peer-

to-peer activity like a

steps challenge.

Friendship Day

International **Dog Day**

Stressed? Breathe in for 4 seconds, hold for 4 seconds, exhale

for 4 seconds.

Repeat 4 times.

 \bigotimes **World Heart Day**

World

world.

Gratitude Day

List 3 things you're

yourself in a busy

grateful for today. It's

a great way to ground

World

Menopause Day

Talk openly about the

impact of menopause

and ask how your

employees can be

more supported.

21

National Coming Out Day

mental and physical

International

Raise awareness

Men's Day

about gender

disparities and

the importance of

supporting men's

#FunFriday Dedicate the last Friday in November to having fun in the office, or virtually.



New Year's Eve

What are your 2026 plans? Write them down and plan ways of how you're going to make 2026 the year of sticking to goals.