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Festival, also known as Chinese New Year or Spring Festival, particularly celebrated in East Asia.



International Women's Day

8 March Celebrating the social, economic, cultural and political achievements of women.



Ramadan

28 Feb - 30 Mar

Ninth month of the

Islamic calendar observed by Muslims as a month of fasting, prayer and reflection.



30 - 31 Mar 'Festival of Breaking the Fast', which takes place as the Holy Month of Ramadan draws to a close.

Eid al-Fitr





A major Christian holiday that marks the end of Lent and celebrates the resurrection of Jesus Christ.



Sustainability Week 21 - 25 Apr

Celebrating the importance of sustainable practices in the workplace and beyond.



Earth Day 22 April

Global annual event showing support for and highlighting the importance of environmental protection.





June

Month observed annually dedicated to celebrating the LGBTQ+ communities all around the world.



Global Day of

Parents

1 June Recognising parents globally for their selfless commitment to their children.



Eid al-Adha

6-7 June

'Festival of sacrifice'. One of the most important festivals in the Muslim calendar.



International Women in Engineering Day

23 June Celebrating the achievements of women in engineering.



Global Safety Week To be announced

Highlighting the importance of staying safe at work and looking out for one another.



4

World Suicide Prevention Day

10 September Raising awareness of how we can all create a world where fewer people die by suicide.



Rosh Hashanah

22 - 24 Sep

The Jewish New Year. marks the beginning of the High Holy Days in the Jewish calendar. A time of reflection, renewal and



Global Diversity Awareness Month

October

Celebrating key cultural and wellbeing events in October, from World Mental Health Day to Menopause Day.



World Mental Health Day

10 October

Raising awareness of mental health, encouraging open conversations, reducing stigma and advocating for accessible support for all.



Diwali

21 October

'Festival of lights'. One of the major festivals celebrated by Hindus, Jains and Sikhs.



International Men's Day

19 November

Celebrating positive role models and raising awareness of men's physical and mental wellbeing.



of People with Disabilities

3 December

Better understanding disability issues, breaking down barriers and advocate for people with disabilities.



Hanukkah

14 - 22 Dec Jewish eight-day, wintertime Festival of lights.



Christmas

25 December

Annual Christian festival



Our wellbeing foundations

These events are reinforced by our five 'foundations of wellbeing': key focus areas which promote our health and fulfillment at work and at home, now and in the future.

BODY

MIND

COMMUNITY

FINANCIAL SECURITY GROWTH













