



## DRY JANUARY

65% of people notice improved general health after a month of no alcohol


 [Top tips](#)

 [Supporting employees & activities](#)




97% of individuals with a mentor feel they are highly impactful and valuable

## NATIONAL MENTORING MONTH


 [Become a Mentor](#)  
[How to Celebrate](#)




### WORLD BRAILLE DAY 4

 [5 Ways to Celebrate](#)  
[Raise Awareness](#)


### WORLD RELIGION DAY 15

 ['Sharing my story'](#)  
[Create an inclusive workplace](#)

### BREW MONDAY 16

 [Mental Health in the workplace](#)  
[Supporting team members](#)

### MARTIN LUTHER KING JR. DAY 16

 [Encouraging diversity](#)  
[Recognition in the workplace](#)



### WINNIE THE POOH DAY 18




### PENGUIN AWARENESS DAY 20




### CHINESE NEW YEAR 22

 [Celebration ideas](#)  
 [Cross cultural understanding](#)

### DAY OF EDUCATION 24

 [Encouraging learning](#)

### HOLOCAUST REMEMBRANCE DAY 27

 [In the workplace](#)  
[Participating online](#)

# JANUARY '23

## EMPLOYEE ENGAGEMENT CALENDAR

# FEBRUARY '23

## EMPLOYEE ENGAGEMENT CALENDAR



TIME TO TALK DAY 3

- [UK Mental Health stats](#)
- [Wellness action plans](#)

WORLD CANCER DAY 4



SAFER INTERNET DAY 7

- [Internet safety tips Celebrating](#)
- [Safer Internet Day quiz](#)

WOMEN & GIRLS IN SCIENCE DAY 11

- [Women share experiences](#)
- [Recruitment: attract & retain women](#)

WORLD RADIO DAY 13



VALENTINE'S DAY 14

- [What should HR know? Tips: Valentines in the workplace](#)

RANDOM ACTS OF KINDNESS DAY 17

- [How to spread joy.](#)
- [4 ways to celebrate](#)

WORLD DAY OF SOCIAL JUSTICE 20

- [Be proactive in HR Improving inequality](#)

INTL MOTHER LANGUAGE DAY 21

- [Language discrimination in the workplace](#)

PANCAKE DAY 21



RARE DISEASE DAY 28

- [Show your colours](#)

### LGBT+ HISTORY MONTH

18% of UK staff have been the target of negative comments or conduct from work colleagues because they're LGBT+

- [Making a diversity program successful](#)
- [Understanding employment discrimination video](#)
- [LGBT+ at work podcast](#)

- [Supporting your staff](#)
- [Training for employees](#)
- [Work & Cancer podcast](#)

80% of those who were working when diagnosed with cancer thought it important to continue working

### CANCER PREVENTION MONTH

## CEREBRAL PALSY MONTH

- Reasonable adjustments at work
- Support employees with disabilities
- Fundraising

Cerebral Palsy affects about 1 in every 400 children in the UK

## WOMEN'S HISTORY MONTH

- Celebrating women at work
- 22 ideas to celebrate

Only 8.1% of CEOs in the Fortune 500 list are women

### EMPLOYEE APPRECIATION DAY 3

- Celebrate everyday
- Ideas for hybrid teams

### WORLD OBESITY DAY 4

- Healthy workplaces
- A proactive approach

### INTL WOMEN'S DAY 8

- Improve gender inequality at work
- Support women at work

### PI DAY 14



### WORLD SLEEP DAY 17

- Can work impact sleep? Improve staff wellbeing
- Toolkit for employers

### MOTHER'S DAY 19

- Supporting mothers in the workplace
- Ideas for the office

### INTL DAY OF HAPPINESS 20

- Celebrate in the office
- Resources & activities

### END RACISM DAY 21

- Anti-racism in the office
- Disrupt systematic racism as an employer
- Racism in the workplace

### WORLD DOWN SYNDROME DAY 21

- Resources
- Be an ally in the workplace

### WORLD WATER DAY 22



### WORLD BIPOLAR DAY 30

- In the workplace
- Employer's guide
- Employee's guide

### TRANSGENDER DAY OF VISIBILITY 31

- Playing HR's part
- How inclusive is your business?

# MARCH '23

## EMPLOYEE ENGAGEMENT CALENDAR