

# PLASTIC FREE JULY



At Work



Plastic Free Initiatives

Most plastics  
take between  
500 years and  
1,000 years to  
decompose

ALCOHOL  
AWARENESS WEEK

3-9



In the Workplace

Are you drinking  
more than you think?

WORLD POPULATION  
DAY

11



NAT'L SIMPLICITY DAY

12



Weekly wellbeing  
focus

WORLD YOUTH SKILLS  
DAY

15



Boosting employability.  
Preparing the  
workforce of tomorrow

WORLD EMOJI DAY

17



NELSON MANDELA DAY

18



Making an impactful  
contribution

ISLAMIC NEW YEAR

19



Observing Ramadan in  
the workplace  
HR Ramadan toolkit

INT'L SELF-CARE DAY

24



HR Guide to Self-  
care

INT'L DAY OF  
FRIENDSHIP

30



# JULY '23

## EMPLOYEE ENGAGEMENT CALENDAR


# AUGUST '23

## EMPLOYEE ENGAGEMENT CALENDAR




ten space

CYCLE TO WORK DAY 4

 [Workplace ideas](#)


FRIENDSHIP DAY 6

 [Celebrating at work](#)  
[Employees consider work colleagues their best friends](#)

BOOK LOVERS DAY 9




INT'L YOUTH DAY 12

 [Focus on inclusivity](#)  
[Engaging Gen Z](#)


INT'L LEFT HANDERS DAY 13




PAKISTAN INDEP. DAY 14

 [Learn more](#)


NAT'L RELAXATION DAY 15

 [Great integrated resources](#)  
[8 ways to help employees relax](#)

NAT'L TELL A JOKE DAY 16

 [101 funny workplace jokes](#)  
[30 best HR jokes](#)


WORLD HUMANITARIAN DAY 19

 [Putting the Human in Humanitarian](#)

NAT'L DOG DAY 26



INTERNATIONAL HAPPINESS MONTH


 [How your energy influences happiness](#)  
[7 ways managers can influence happiness](#)  
[Top 10 WORST activities for team building](#)


UK places 12th in the world in terms of employee satisfaction, with 74% of employees feeling very satisfied



## WORLD ALZHEIMERS MONTH

In 2040, there will be over 1.5 million people with dementia in the UK

 [Creating a Dementia-friendly workplace](#)  
[Dementia & the Workplace](#)  
[A quick guide for inclusive employers](#)

 [Sleep & Recovery: A toolkit for employers](#)  
[Sleep, fatigue & the workplace](#)

Only 33% get the recommended 7-8 hours of sleep per night




## SLEEPTEMBER


INT'L DAY OF CHARITY 5




READ A BOOK DAY 6

 [10 management books](#)  
[Picks from diverse authors](#)

WORLD SUICIDE PREVENTION DAY 10

 [How employers can help](#)  
[Suicide prevention in the workplace](#)


YOUTH MENTAL HEALTH DAY 19

 [Supporting staff mental health](#)  
[Resources for employees](#)


WORLD ALZHEIMERS DAY 21



NAT'L FITNESS DAY 21

 [HR Guide: Promoting fitness](#)  
[Why your employee's fitness really is your business](#)


BI VISIBILITY DAY 23

 [Bi Visibility Hub](#)  
[In the workplace](#)

WORLD TOURISM DAY 27



WORLD HEART DAY 29

 [Wellbeing at work](#)  
[Keeping your heart healthy when you WFH](#)

# SEPTEMBER '23

## EMPLOYEE ENGAGEMENT CALENDAR