

# Reward & Wellbeing Calendar 2024



## JAN FEB MAR APR MAY JUN

National Mentoring Month

**3rd** - Festival of Sleep Day

**15th** - Blue Monday

**17th** - Big Energy Saving Week

**21st** - National Hug Day

**1st** - Time to Talk Day

**5th** - National Apprenticeship Week

**11th** - International Day of Women & Girls in Science

**17th** - Random Acts of Kindness Day

**28th** - Eating Disorders Awareness Week

**1st** - Employee Appreciation Day

**7th** - World Book Day

**8th** - International Women's Day

**12th** - Nutrition and Hydration Week

**20th** - International Day of Happiness

**21st** - World Water Day

Stress Awareness Month

**5th** - Walk to Work Day

**6th** - National Employee Benefits Day

**7th** - World Health Day

**9th** - National Pay Equity Day

**22nd** - Earth Day

National Walking Month

**1st** - International Worker's Day (May Day)

**6th** - Deaf Awareness Week

**20th** - Learning at Work Week

**28th** - World Hunger Day

**1st** - Volunteers Week

**10th** - Men's Health Week

**21st** - Bring Your Dog to Work Day

**23rd** - International Women in Engineering Day

**24th** - World Wellbeing Week

## JUL AUG SEP OCT NOV DEC

**7th** - World Chocolate Day

**15th** - World Youth Skills Day

**27th** - International Safe Places to Work Day

**30th** - International Day of Friendship

National Wellness Month

**8th** - Cycle to Work Day

**12th** - International Youth Day

**15th** - National Relaxation Day

**3rd** - National Payroll Week

**5th** - International Day of Charity

**10th** - National Swap Ideas Day

**15th** - Pension Awareness Day

**24th** - UK Savings Week

National Cybersecurity Awareness Month

**7th** - National Work-Life Week

**10th** - World Mental Health Day

**16th** - World Boss's Day

**21st** - Recycle Week

National Career Development Month

**4th** - Living Wage Week

**5th** - International Stress Awareness Week

**11th** - Talk Money Week

**18th** - International Leadership Week

**19th** - International Men's Day

**5th** - International Volunteer Day

**11th** - International Workplace Day of Remembrance

**13th** - Christmas Jumper Day


