

2025 WELLBEING CALENDAR

January

New Year Smart Goals

February

[Empowered Parenting
Inner critic to inner coach with Dr Bex Bell](#)

Waitangi Day: 15th

March

[Neurodiversity: 18th
Mastering your Mortgage](#)

International Women's Day: 8th
World Sleep Day: 14th
Neurodiversity Week : 18th - 24th

April

[Unconscious Bias, Diversity and Inclusion: 8th
Optimising your Kiwisaver: 24th](#)

World Autism Awareness Day: 2nd
World Health Day: 7th
World Day for Safety and Health at Work: 28th

Onsite Flu Vaccinations
Unitec: 1st, 3rd, 4th **MIT:** 8th, 9th, 10th

May

[Taking charge of your financial wellbeing: 13th
Being Retirement Ready: 29th](#)

NZ Sign Language Week: 6th - 12th
International Day of Families: 15th

Pink Shirt Day: 17th

June

[Men's Health: 17th](#)

Sweat with Pride: Month long
Men's Health Week: 10 - 16th
Matariki: 28th June

July

[Couples: Connection and Communication: 15th](#)

International Self-Care Day: 28th
Kiribati Language Week: 6th - 12th

August

[Women's Health: 19th](#)

Women's Health Week: 11th - 17th
Daffodil Day: 29th

September

[How to Have a Mental Health Conversation:
16th](#)

Te Wiki o Te Reo Māori: 15th - 22nd

Mental Health Awareness Week: 23rd - 29th

October

[Understanding Perimenopause and Menopause
in the Workplace: 14th](#)

Mental Health Month
Global Diversity Month
World Mental Health Day: 10th

November

[Sleep Well to Be Well: 18th](#)

Movember - Men's Physical & Mental Health
World Diabetes Day: 14th
International Men's Day: 19th

December

[Self-Care for the Holidays - Reset and Renew
for the New Year and Holiday Season: 16th](#)

International Day of Persons with Disabilities:
3rd