



March 2026

Your Wellbeing

As we move into March, it's a good opportunity to build momentum and check in with how the year is unfolding for you. This is a time to strengthen routines that support both your physical and mental wellbeing, while staying flexible as life gets busy again. Listen to what your body and mind need, and remember that small adjustments can help maintain balance, resilience, and wellbeing over time.

Our approach to wellbeing is through the lens of [Te Whare Tapa Whā](#). You will see fresh content each month and we hope you can find resources that support and reflect what wellbeing means for you.



Photo: [Greg Lokes](#) - Facilities Maintenance team, Mt Albert campus [Facebook](#)

Do you have an awesome picture to share? We'd love to feature it here, send us your image to include in an upcoming newsletter.

Webinars to Watch

Perimenopause and Menopause at Work

19 March | 2.30-3.00pm

Led by accredited health professionals, this session explores how understanding and supporting the transition from perimenopause to menopause can strengthen a mentally healthy workplace. As this life stage affects many in the workforce, participants will learn how awareness, open conversation, and reduced stigma can foster a more inclusive and supportive environment.



[REGISTER](#)

Critical incident preparedness for your workplace

26 March | 12.00-1.00pm



[REGISTER](#)

An unexpected incident or adverse event can take a major toll on the workplace and its people. But with the right planning and awareness, it's possible to bounce back and return to thriving.

This Vitae webinar will help you set up a plan for tackling those critical incidents in a way that supports the wellbeing of your people and the organisation.

March Awareness Days



Purple Day - 26 March

Purple Day encourages everyone to think, talk, and learn more about epilepsy and how it impacts daily life across communities. Funds raised through Purple Day events go towards vital support services, education, and resources for people living with epilepsy throughout the country, helping to reduce stigma and improve quality of life. Whether people choose to dress in purple, host a fundraiser, or share stories online, every action contributes to building a more informed and compassionate society.

[MORE INFORMATION & DONATE](#)



Neurodiversity Celebration Week – 17-25 March

Neurodiversity Celebration Week, held each March across Aotearoa, celebrates the diversity of minds in our communities. It promotes a strengths-based understanding of neurodiversity, including autism, ADHD, dyslexia and different ways of thinking and learning.

The week encourages inclusive schools, workplaces and communities where neurodivergent people feel valued, supported and able to thrive.

[MORE INFORMATION](#)

What's on in Auckland

Pasifika Festival 14-15 March



[EVENT DETAILS](#)

Pasifika Festival returns to Western Springs Park for a celebration of all things Pacific in 2026 on 14 and 15 March.

The iconic festival's 8 villages are set to showcase the best of the 11 Pacific Island nations with world-class traditional and contemporary performances, food and much more.



[MORE INFORMATION](#)

Southeast Asia Festival - 28 March

The Southeast Asia Festival is one of New Zealand's biggest celebrations of Southeast Asian culture, food, music and community, coming to Auckland Showgrounds on 28 March 2026. The free event offers a vibrant showcase of authentic street food from across Southeast Asia, traditional performances, cultural fashion and travel opportunities—all in one place. Visitors can explore diverse cuisines, enjoy live entertainment and experience the region's rich heritage right here in Tāmaki Makaurau.



[MORE INFORMATION & REGISTER](#)

March Mission - 7K steps a day!

A bit of a walk, a lot of support in your community!

Tāmaki Makaurau, get active and feel connected this March! Each step you take will make a real difference.

Walk 7,000 steps a day – or more – and raise funds so people in urgent need can access kai, safe housing, and healthcare through Auckland City Mission - Te Tāpui Atawhai.

**Donate blood at MIT
Ōtara and Manukau campuses
17 & 25 March**

MIT ŌTARA

Tuesday 17 March
Tanoa room, Gate 2
10am-3pm

MIT MANUKAU

Wednesday 25 March
Lower Atrium
10am-3pm



BOOK NOW

Life Admin

Wills - A Simple Way to Care for your Loved Ones

It's not something we talk about often, but having a will in place is one of the kindest things you can do for your family. It helps reduce stress and makes things much simpler during an already difficult time.

Only around 50% of Kiwis have a will – and most are retirees. Many working-age people with homes, families, and KiwiSaver balances haven't sorted one yet.

If it's been on your "I'll get to it" list, this might be your gentle reminder 😊



**COMPREHENSIVE
WILLS GUIDE**

Discover The Exercise Lab

Located on the Mt Albert Campus in B111, the Exercise Lab is a dedicated teaching space for our ākonga and kaimahi, offering a welcoming environment to move, train, and learn.

Available exclusively to employed kaimahi/staff, the space is well equipped with circuit machines, a cardio room, and both machine and free weights—perfect for all fitness levels.

While the Exercise Lab is primarily used for teaching, it's also accessible to kaimahi outside of timetabled class slots,



making it easy to fit exercise into your day.

Open Monday to Friday, 6.30am – 9pm

Make movement part of your wellbeing routine!

[MORE INFORMATION](#)

Staff Support - Employee Assistance Providers

We have two employee assistance program providers Vitae and TELUS Health. Both are available to all our staff and their whānau members (the staff member has to initiate the contact on the family members behalf).

Both services are independent and confidential, offering support for a wide range of personal and work-related issues, including stress, relationship challenges, conflict, anxiety, depression, grief and loss. New offerings available (to staff only) include Rongoā Māori, menopause support, and couples counselling.

Vitae

0508 664 981 anytime 24/7 or [online appointment](#)

TELUS Health

0800 360 364 anytime 24/7 or via TELUS Health One app or [website](#)

For the app – download then open, click on 'log in' and enter your shared log-in credentials:

Username: Unitec

Password: wellbeing



[MORE INFORMATION](#)

MIT & Unitec Staff Offerings

You can explore a range of staff offers available to you including Samsung Family Value, Southern Cross, and Fitness Passport—by visiting the Staff Offers pages below.

[STAFF OFFERS](#)

Want to know what's happening locally?

There's always something happening across Tāmaki Makaurau — from concerts and cultural celebrations to exhibitions and community gatherings. Explore upcoming events, festivals, and activities in your area by visiting the [What's On in Auckland](#) page.

Got an idea to share?

If you have any suggestions or ideas for the Wellbeing and Safety team, we'd love to hear from you. Email us at safety@unitec.ac.nz

Bruce, Chloe, Inger Jo, Ryan and Santana
Wellbeing and Safety team

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