

JULY

Keeping people **connected**, **energised** & **engaged**.

MON	TUE	WED	THU	FRI
		1	2 Sunshine Baskets 	3 Protect Your Energy
6 Energy Exchange 	7	8 Be a Kid Again Day 	9	10 Perky Playlist 
13 Coaching Conversations	14	15	16	17 Digital Sunset 
20	21	22	23	24
27 Coffee Connections 	28	29	30 International Day of Friendship	31 Moments That Matter! 

02 | Sunshine Baskets

Create a basket filled with healthy snacks, hydration, and small wellbeing essentials to brighten your team's day.

03 | Protect Your Energy

Encourage simple habits that help employees protect their energy, focus, and wellbeing throughout the summer months.

06 | Energy Exchange

Invite each team member to share one habit that helps them stay energised at work.

08 | Be a Kid Again Day

Bring some play into the workplace with light-hearted activities that encourage creativity, laughter, and connection.

10 | Perky Playlist

Create a shared team playlist where everyone contributes a favourite song to brighten the workday.

13 | Coaching Conversations

Managers create space for supportive conversations focused on wellbeing, growth, and preparing for the months ahead.

22 | Digital Sunset

Choose one afternoon to switch off internal emails or messages early and encourage uninterrupted focus or chance to recharge.

27 | Coffee Connections

Encourage employees to grab a coffee with someone they don't usually work with and build a new connection.

30 | International Day of Friendship

Celebrate the connections that make work meaningful through simple acts of appreciation and recognition.