

AUGUST

Creating space for **rest**, **reflection** and meaningful **connection** at work.

MON	TUE	WED	THU	FRI
Recharge Intention  3	4	5	6	Quiet Start 
Workload Weather Report  10		International Youth Day  12		Relaxation Day Reminder  14
Permission Slip  17		World Humanitarian Day  19		Purpose Pause  21
Reset Handover  24	25	26	27	Celebrate, Recognize & Reward  28
31				

03 | Recharge Intention

Start the month by asking employees to choose one small way they will protect their energy this month.

07 | Quiet Start

Begin the day with 30 minutes of no meetings or internal messages to support calm focus.

10 | Workload Weather Report

Use weather icons to help people describe their current workload — sunny, cloudy, stormy, or clearing. Great for virtual meetings.

12 | International Youth Day

Create space to hear from younger employees or emerging talent about their ideas, experiences, and hopes for the future of work.

14 | Relaxation Day (Officially 15th)

Remind employees to take a real break away from their desk or screen to reset, recharge, and return with better energy.

17 | Permission Slip

Invite leaders to publicly name one thing employees have permission to pause, reduce, or simplify this month.

19 | World Humanitarian Day

Recognise the power of care, compassion, and service by celebrating the people who quietly support others at work.

21 | Purpose Pause

Invite employees to reflect on one recent task, project, or moment that felt meaningful and why it mattered.

24 | Reset Handover

Encourage teams to improve one handover, update, or transition point so work feels clearer, calmer, and easier to continue.