

OCTOBER

Small actions that strengthen **culture**, **connection** and **meaning**.

MON	TUE	WED	THU	FRI
			International Coffee Day 	
Meaningful Work Check-In 		World Day for Decent Work 		World Mental Health Day (10 th Oct) 
	Values in Action 		World Values Day 	
	Coach, Don't Solve 			
			International Day of Care and Support 	Celebrate, Recognise & Reward 

01 | International Coffee Day

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

05 | Meaningful Work Check-In

Ask your team what part of their work feels most meaningful right now and what helps them feel connected to it.

07 | World Day for Decent Work

Invite teams to reflect on what helps work feel fair, respectful, supportive and sustainable.

09 | World Mental Health Day (Observed 10th Oct)

Make support visible, encourage genuine check-ins and create space for conversations about mental wellbeing at work.

13 | Values in Action

Ask employees to recognise a colleague who has recently brought one of your organisation's values to life.

15 | World Values Day

Choose one organisational value and discuss what it should look like through everyday behaviours and decisions.

20 | Coach, Don't Solve

Encourage managers to ask a thoughtful coaching question before jumping in with advice or a solution.

29 | International Day of Care and Support

Recognise the many forms of care people provide and reflect on how your workplace can better support caring responsibilities.

30 | Celebrate, Recognise & Reward

Finish the month by recognising the people, behaviours and contributions that strengthened your workplace culture.