

Altius Group Wellbeing Webinar Calendar 2024

Our wellbeing webinars, led by seasoned professionals, equip individuals with tools to improve their overall health and happiness. Engaging in this program empowers organisations to foster a positive, productive, and wellbeing-focused environment for all team members.



THE SCIENCE OF HAPPINESS How Your Diet Influences Your Mood

Thursday, 1 February 2024
2:00pm AEDT / 11:00am AWST

PAID



BUILDING BRIDGES, NOT BARRIERS Fostering Neurodiversity at Work

Thursday, 14 March 2024
2:00pm AEDT / 11:00am AWST

FREE



MASTERING MONEY MANAGEMENT Your Guide to Financial Wellness

Thursday, 9 May 2024
2:00pm AEST / 12:00pm AWST

PAID



DEPRESSION AWARENESS Managing Depression with Confidence

Thursday, 20 June 2024
2:00pm AEST / 12:00pm AWST

FREE



THE GUILT-FREE PARENT OR CARER Strategies for Juggling Work and Home

Thursday, 8 August 2024
2:00pm AEST / 12:00pm AWST

PAID



THRIVING TOGETHER R U OK with Stress and Anxiety?

Thursday, 12 September 2024
2:00pm AEST / 12:00pm AWST

FREE

RUOK?



BOOSTING ENERGY LEVELS The Synergy of Sleep and Exercise

Thursday, 7 November 2024
2:00pm AEDT / 11:00am AWST

PAID



BUILDING RESILIENCE AND PREVENTING BURNOUT Strategies for Thriving in Demanding Times

Thursday, 5 December 2024
2:00pm AEDT / 11:00am AWST

FREE

Awareness Days 2024

February

- 4 February | World Cancer Day
- 16 February - 3 March | Mardi Gras Festival

March

- 8 March | International Women's Day
- 18-24 March | Neurodiversity Celebration Week
- 20 March | International Day of Happiness

April

- 2 April | World Autism Awareness Day
- 7 April | World Health Day
- 25 April | ANZAC Day
- 28 April | World Day for Safety and Health at Work
- Flu Vaccination Season

May

- 15 May | International Day of Families
- 17 May | International Day Against Homophobia, Biphobia and Transphobia
- 18 May | Global Accessibility Awareness Day
- 20-26 May | Exercise Right Week
- 27 May - 3 June | National Reconciliation Week
- Flu Vaccination Season

June

- Pride Month
- 5 June | World Environment Day
- 10-16 June | Men's Health Week

July

- Eye Health Awareness Month
- 4-11 July | NAIDOC Week

August

- Tradies National Health Month
- 7 August | Aged Care Employee Day
- 9 August | International Day of the World's Indigenous People
- 18 August | National Day of Action Against Bullying and Violence

September

- 2-6 September | Women's Health Week
- 8 September | World Physiotherapy (PT) Day
- 10 September | World Suicide Prevention Day
- 12 September | R U OK? Day
- 29 September | World Heart Day

October

- Mental Health Month
- National Safe Work Month
- 1 October | International Day of Older Persons
- 10 October | World Mental Health Day
- 13-19 October | National Carer's Week
- 27 October | World Occupational Therapy Day

November

- 4-8 November | Inclusion at Work Week
- 11 November | Remembrance Day
- 13 November | World Kindness Day
- 19 November | International Men's Day

December

- 3 December | International Day of Persons with Disabilities

| WEBINAR DATE / TIME | DESCRIPTION | PAID / FREE | CLICK TO REGISTER |
|--|--|-------------|-------------------------------|
| <p>THE SCIENCE OF HAPPINESS How Your Diet Influences Your Mood Thursday, 1 February 2024 2:00pm AEDT / 11:00am AWST</p> | <p>Striking the right balance in your diet is key to achieving and maintaining good health.</p> <p>In this webinar, our nutrition expert will guide you through the intricacies of balanced nutrition. Learn how to make informed food choices, manage portion sizes, and navigate dietary preferences while optimising your nutrient intake. Discover how a well-balanced diet can be your ally in promoting long-term health and happiness. Now's the time to be WHOLE!</p> | PAID | REGISTER HERE |
| <p>BUILDING BRIDGES, NOT BARRIERS Fostering Neurodiversity at Work Thursday, 14 March 2024 2:00pm AEDT / 11:00am AWST</p> | <p>Embracing neurodiversity in the workplace can lead to a significant boost in organisational success. In this webinar, we uncover the pivotal role neurodiversity plays in modern organisations, while addressing the challenges of understanding, integrating, and adapting to neurodiverse talents. Gain insights, hear real-world success stories, and acquire strategies that will help your company create a welcoming environment and encourage engagement as it moves towards a more equitable future. This transformative conversation is a must for HR professionals, Diversity and Inclusion advocates, Team Leaders, and all dedicated to creating a more inclusive and innovative workplace.</p> | FREE | REGISTER HERE |
| <p>MASTERING MONEY MANAGEMENT Your Guide to Financial Wellness Thursday, 9 May 2024 2:00pm AEST / 12:00pm AWST</p> | <p>Studies show that individuals who prioritise their financial wellbeing experience reduced stress, improved overall health, and enhanced quality of life. In this webinar, you'll have a better understanding of effective money management, and get practical guidance on budgeting, saving, and investing to help you lay the foundation for a secure financial future. Discover how small, intentional steps today can lead to significant financial wellbeing tomorrow.</p> | PAID | REGISTER HERE |
| <p>DEPRESSION AWARENESS Managing Depression with Confidence Thursday, 20 June 2024 2:00pm AEST / 12:00pm AWST</p> | <p>One in five Australians will experience depression at some point in their lives. Gain insights into the intricate brain processes linked to depression and acquire vital skills for fighting stigmas and fostering open, empathetic conversations when you join this webinar.</p> <p>Explore effective coping strategies and self-care techniques to help people with depression on their path to recovery, while delving into a variety of treatment options, including therapy, medication, and lifestyle adjustments. Plus, learn how to be a constant source of support for loved ones who are struggling with depression.</p> | FREE | REGISTER HERE |
| <p>THE GUILT-FREE PARENT OR CARER Strategies for Juggling Work and Home Thursday, 8 August 2024 2:00pm AEST / 12:00pm AWST</p> | <p>Parents frequently find themselves in an ongoing battle to strike a balance between the demands of their carers and the responsibilities of raising a family. This webinar will teach you how to effectively communicate with co-workers and family members, identify the typical causes of parental guilt, and demonstrate the effectiveness of self-compassion in reducing guilt.</p> <p>You'll also discover how to connect with people who share your interests and struggles so they can support and inspire you.</p> | PAID | REGISTER HERE |
| <p>THRIVING TOGETHER R U OK with Stress and Anxiety? Thursday, 12 September 2024 2:00pm AEST / 12:00pm AWST</p> | <p>R U OK? is a public health promotion charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives. The dark world of stress and anxiety can be a challenge to navigate when you feel lost and alone in your journey.</p> <p>On this RU OK? Day, as a participant of this webinar, you'll have a compass to help traverse mental health challenges through evidence-based insights, practical self-care methods, and expert strategies for resilience, all while honing your ability to offer support to those facing these intricate emotional landscapes.</p> | FREE | REGISTER HERE |
| <p>BOOSTING ENERGY LEVELS The Synergy of Sleep and Exercise Thursday, 7 November 2024 2:00pm AEDT / 11:00am AWST</p> | <p>Researchers have found the profound impact of restorative sleep on physical and mental well-being. Discover how incorporating a well-structured exercise regimen can remarkably enhance the quality of your sleep and elevate your overall vitality.</p> <p>We'll address common concerns about optimising energy and provide insights on habit-building strategies for sustainable success. Explore the fascinating link between exercise and your circadian cycle to learn how to have better, more rejuvenating sleep.</p> | PAID | REGISTER HERE |
| <p>BUILDING RESILIENCE AND PREVENTING BURNOUT Strategies for Thriving in Demanding Times Thursday, 5 December 2024 2:00pm AEDT / 11:00am AWST</p> | <p>In our fast-paced and demanding world, the need for resilience and burnout prevention has never been greater. This session is designed to equip participants with essential tools and insights to navigate the challenges of modern life while maintaining their physical, mental, and emotional wellbeing.</p> <p>During this session, you will learn what resilience is and how to build on it, how to recognise burnout and its impact on your health and performance, self-care and stress management strategies, and how to set healthy emotional boundaries to prevent burnout and maintain a balanced life. This information session is suitable for professionals, students, and individuals from all walks of life who are looking to build resilience, prevent burnout, and lead a happier, healthier, and more balanced life. Join us for this enlightening session and take the first step towards a more sustainable well-being.</p> | FREE | REGISTER HERE |