

Validium Promotional Guide 2020



This annual promotional guide for 2020 reflects Validium's specialisms around psychological health and wellbeing. Topics may change to address any relevant situations as they arise. National and International awareness days are highlighted in vClub.

JAN - New Beginnings

Reset your values
What is Emotional Freedom Technique (EFT)?
Find time for you

Blue Monday

JUL - Happy Holidays

Parenting teenagers
Do you find some friendships exhausting?
The pursuit of happiness

International Friendship Day

FEB - Working Together

Develop good listening skills
Being lucky in love
Managing change at work

Time to Talk

AUG - Taking Stock

Does the fear of failure stop you from doing things?
Managing unconscious bias
Is shyness holding you back?

Cycle to Work Day

MAR - Spring Clean Your Life

Embrace the outdoors
The importance of sleep
Realise your true potential

World Sleep Day

SEP - Loneliness

Feeling gratitude
Having a sense of purpose
Love yourself

World Suicide Prevention Day

APR - The Resilient Mind

Keeping our brains healthy
How to get your life back on track
Stop overthinking things

Stress Awareness Month

OCT - Work/Life Balance

Drawing boundaries between work and life
Successful networking
Playground politics

World Mental Health Day

MAY - Managing Good Mental Health

Slow down - take time to be
Believe in yourself
Have a more fulfilling and authentic life

Mental Health Awareness Week

NOV - Having Respect For Others

How kind are you really?
Don't take people for granted
Communication with difficult people

National Stress Awareness Day

JUN - Being A Carer

Have greater self-worth
Be yourself within your relationship
Practice self-care

Men's Health Week

DEC - Mindfulness

Have less, live more
Having a mindful walk
Do you have integrity?

International Day of Persons with Disability