



Canada's

Healthy Workplace Month

# Canada's Healthy Workplace Month Calendar

Unlocking Your Potential: Building Your Strengths to Overcome Challenges

<https://excellence.ca/chwm-2025/>



OCTOBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Press Release Program Launch	2 Workright Course Launch Civility	3 Great Employers Award Launch	4
5 Weekly Theme: A Growth Mindset	6 Growth Mindset	7 Agility	8 Adaptability	9 Curiosity	10 Emotional Resilience World MH Day	11
12 Weekly Theme: The Power of Belonging	13 Gratitude Thanksgiving	14 Conflict Resolution	15 Civility & Respect	16 Leading with Empathy	17 Communication for Collaboration	18
19 Weekly Theme: Physical & Mental Synergy	20 Rest & Recovery	21 Self- Compassion	22 Psychological Safety	23 Breathe/ Mindfulness	24 Burnout	25
26 Weekly Theme: Sustainable Balance	27 Achieving & Sustaining Balance	28 Healthy Habits	29 Digital Wellbeing	30 Focus	31 Time Management Halloween	

With Gratitude to Our Sponsors

