



Canada's

Healthy Workplace Month

Canada's Healthy Workplace Month Calendar



Unlocking Your Potential: Building Your Strengths to Overcome Challenges



healthyworkplacemonth.ca



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

GoodLife
FITNESS

AIR CANADA

Manulife

KYY Health
Santé

Dialogue

Unsinkable

WORKRIGHT

WJAX

CENTENNIAL
COLLEGE

HUMBER
POLYTECHNIC