

**SEPTEMBER**

**WITH**

**THAT DAY**

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**THAT DAY**

**COMING UP**

**SEPTEMBER:**

- **WORLD SUICIDE PREVENTION DAY (11TH)**
- **PENSION AWARENESS WEEK (11TH-15TH)**
- **NATIONAL FITNESS DAY (25TH)**
- **UK NATIONAL INCLUSION WEEK (26TH  
SEPT-2ND OCT)**

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**WORLD  
SUICIDE  
PREVENTION  
DAY**

**SEPT 11TH**

# THAT DAY

## FROM PLANNING SUICIDE TO CONTEMPLATING RESILIENCE

WITH JOSH CONNOLLY

This talk from Josh Connolly gives an insight into the mind and thoughts of someone who seriously planned to take their own life.

In this session Josh will talk about the events that led up to him feeling like suicide was his only option, how he got through that period and out the other side, and how he has gone on to be a hugely successful resilience coach and public speaker on all things mental health.

Josh will also touch on aspects of trauma that people who have lost someone to suicide may feel, and how we as a society can open up to allow those that have lost to properly feel and process that loss.

As one of the UK's most influential mental health advocates Josh regularly speaks on BBC, ITV & Channel 5 news. Josh has also spoken in the House of Commons, contributed to mental health policy and even advised the scriptwriting team on Hollyoaks. He has run resilience workshops for village schools and global brands alike. Additionally, he is an ambassador for Nacoa – a national charity supporting people affected by a parent's drinking



### CLIENT TESTIMONIAL

Honestly life changing + has definitely led to improvements in my own mental health. Would love a repeat of it for new starts, and to just go over again what was already talked about.

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# THAT DAY

# SADNESS AND DEPRESSION IN A WORLD OBSESSED WITH HAPPY

WITH HANNAH-JAYNE SMITH

Hannah Jayne hosts this one hour workshop focussing on understanding depression and how we can better support ourselves and others going forward.

In a world obsessed with 'living our best life', this workshop will allow breathing space, compassion and understanding to the times where we, or those we love, are not feeling happy. This workshop will focus on the full spectrum of sadness to clinical depression, and will leave your employees feeling validated themselves and with a host of information and tips to implement into both their professional and personal life.

- A validated and heard team
- A reduction of stress, worry and low mood
- A better understanding of the leading mental health problem in the UK
- Tips and tricks to support their emotional intelligence and mood

Hannah-Jayne Smith is a mental health advocate with three decades of lived experience within the system. She has worked all over the UK delivering courses to private and charity sectors, NHS, Prisons, Schools and more.



## CLIENT TESTIMONIAL

"I genuinely haven't felt a mental peace like that in a really long time. A genuine pleasure to create with you"

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# THAT DAY

## THE COMMUNICATION TRAP

WITH ROB SMITH

'3 years ago I had a call from my best friend, someone I thought I knew very well, and as it turned out, the opposite was true. The call changed my life.'

We all know effective communication is key to quality relationships and a team's success at work, but it is also vital in protecting your own mental wellbeing and happiness.

In this 45-minute interactive workshop, Rob facilitates a 3 stage process to help you and your team build effective communication whilst exploring how we communicate with our friends and family away from work. Utilising techniques used by athletes, the military, coaches, and therapists, you will explore how to:

- Become an Effective Listener
- Communicate Under Stress
- Build Communication Confidence
- Hold Space

Rob Smith is a fitness and wellness coach who has helped hundreds of clients live a healthier life. He is also the co-founder of That Day and Uncommon Man, and has delivered fitness and movement workshops to companies in the UK and across Europe.



### CLIENT TESTIMONIAL

"The workshop was superb and had a tremendous impact on our team... Not only did we have a really fun morning, we truly learnt to approach the way we communicate in a completely different fashion which has had untold positive results on the team and the way we handle obstacles together."

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# THAT DAY

## TACKLING & UNDERSTANDING DIFFICULT EMOTIONS

WITH JONNY SAY

Sometimes opening up can be hard and overwhelming, especially when experiencing difficult emotions such as anxiety or depression. But when we do, the feelings of connection and togetherness we experience with colleagues and loved ones is hard to beat, and a great way to support our mental health.

In this workshop, Jonny will look at 3 key areas to help us build more empathy and connection into our lives, which ultimately help us to talk, listen and support. Jonny explores:

- Self-Compassion - The role that being kind to yourself plays when talking about our mental health.
- Active Listening - Why it is so important and why it is a skill that may need to be developed in some.
- Opening Up - Ways to make yourself more comfortable when speaking about your emotions and improving vulnerability.

Jonny Say is a therapist working in private practice specialising in mindfulness and compassion focused therapies. Working with organisations such as the NHS, Mind and major tech and finance companies, Jonny blends lived experiences with his professional knowledge and expertise.



### CLIENT TESTIMONIAL

"It's very accessible, non-judgemental and interesting. They've had a noticeable impact on my life and the way I deal with stressful & uncertain situations"

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**PENSION  
AWARENESS  
WEEK**

**SEPT 11TH-15TH**



# THAT DAY

## FINANCIAL WELLBEING FOR TODAY AND YOUR FUTURE

WITH PAUL KELLY

It's a common misconception that financial planning is a service reserved for an elite few with 'wealth' to invest. But this simply is not the case.

Let's be honest knowing where to start can seem daunting, especially now, with all the uncertainty in the world and frankly there is always something more exciting to do. However like your physical and mental wellbeing, you should start laying the foundations for your financial wellness as early as you can.

In this interactive & practical talk, Paul guides you through how to create your own financial wellbeing:

- Understanding why financial wellbeing is important and how it fits with your overall wellbeing.
- How to financially plan for today and for your future.
- Understanding what the current economic climate mean for you.
- Understanding why investing makes sense.

This will be overlaid with real life events that we will all go through at different points in our lives, that are natural prompts for you to review your current financial circumstances to ensure you have the peace of mind that you have a financial plan that is tailored to your goals.



### CLIENT TESTIMONIAL

"We had Paul in to talk to our team about understanding their finances and planning for the future. Great session and glad we did it."

Paul Kelly built FSK Financial Planning, to help people and their families live the life they wish to lead and provide a greater sense of financial well-being for them.

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**NATIONAL  
FITNESS DAY**

**SEPT 25TH**

# THAT DAY

# MY TRUE FITNESS

WITH ROB SMITH

Why do we set fitness goals? Where do these goals come from? Do our goals actually serve us? What goal is right for us, and how do we stick to it?

In this 60 minute workshop you will have the opportunity to peel back the layers and discover why we are obsessed with goals surrounding fitness and weight management. We'll cover:

- How to set fitness goals that empower you rather than weigh you down
- Learn the fundamentals of fitness so you are able to train better and reach them!
- Bringing more clarity to 'why' you train.

In the session Rob combines reflective journaling exercises, easy to understand fitness education, and group coaching techniques to help you come away feeling a sense of empowerment and motivation, along with tangible takeaways, and a plan!

Rob Smith is a fitness and wellness coach who has helped hundreds of clients live a healthier life. He is also the co-founder of That Day and Uncommon Man, and has delivered fitness and movement workshops to companies in the UK and across Europe.



## CLIENT TESTIMONIAL

"Thank you very much for organising the That Day talk today with Rob. It was lovely to pause and set some healthy goals that have nothing to do with work. A timely reminder we are more than just brains plugged into computers!"

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**UK NATIONAL  
INCLUSION  
WEEK**

**SEPT 26TH - OCT 2ND**

# THAT DAY

## DISABILITY INCLUSION

WITH NIKITA MONTLAKE

An engaging and interactive workshop designed for HR departments, teams, managers and individuals wanting to improve their understanding of disabilities, and the changes that make a big difference to accessibility, inclusivity and productivity.

In this session you will gain:

- In-depth theoretical understanding of the different Models of Disability and how those effect the workplace and individual interactions
- Detailed understanding of what the term 'Disability' covers (ie. Neurodiversity, physical & sensory impairments, Mental Health, etc)
- Identification of barriers created by and experienced within the workplace
- How to create an anticipatory inclusive culture to better support people with specific needs
- Understanding what is 'Reasonable Adjustments' and how to implement them
- Understanding the Equality Act 2010 and Access to Work grants for employees

Nikita is an Inclusion Specialist, with an academic background. The main focus of her work is on Disability and Neurodiversity. Being born with a birth deformity and diagnosed Dyslexic and ADHD, Nikita weaves in her lived experience to provide context and proof of best inclusion practices



### CLIENT TESTIMONIAL

"Fantastic and informative training that every organisation should offer its employees"

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# THAT DAY

## LET'S TALK ABOUT CONSCIOUS INCLUSION!

WITH VANESSA BELLEAU

Join Vanessa and discover how you can be a better ally, and gain a clearer understanding of how we can all mitigate our biases and use our privilege for the greater good.

At this virtual session, you will learn:

- A simple explanation of the concept of unconscious bias.
- The difference between prejudice, oppression and discrimination.
- How to mitigate biases
- How to use privilege for the greater good.

Vanessa Belleau is the voice that brands trust when it comes to diversity and inclusion. With over 16 years of making brands and people focus on what matters for themselves, their teams and their companies, Vanessa has been trusted by over 60 top companies. Her purpose is clear: making people and brands focus on what matters.



### CLIENT TESTIMONIAL

"Incredibly thoughtful. Brilliantly useful. The opportunity to become a better person as a result of work-based training is wonderful."

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# THAT DAY

## THE BASICS OF DIVERSITY, INCLUSION AND BELONGING

WITH VANESSA BELLEAU

D&I is for everyone! In this highly engaging session, Vanessa will get you to think, reflect and connect with all things D&I.

She will cover:

- The concepts of diversity, inclusion and belonging and why they matter more than ever before
- The importance of a belonging culture within an organisation.
- The key stages of building belonging
- The key behaviours to embrace to achieve progress

Vanessa Belleau is the voice that brands trust when it comes to diversity and inclusion. With over 16 years of making brands and people focus on what matters for themselves, their teams and their companies, Vanessa has been trusted by over 60 top companies. Her purpose is clear: making people and brands focus on what matters.



### CLIENT TESTIMONIAL

"At a time when we're all a bit fatigued with Teams meetings and Zoom gatherings, I desperately needed an energetic speaker to help close our 90-strong Communications Department virtual away day. Vanessa delivered energy, positivity and so much expertise in spades! It's vital, when dealing with important but sensitive topics, that people don't feel like they're being lectured. Not only is Vanessa an expert in her fields, but her unique and infectious presenting style hits that sweet spot where she immediately gets everyone 'in the room' on board and hanging on her every word."

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# COMING UP...

## OCT

Stoptober - Quitting Smoking Challenge

National Cholesterol Month

Black History Month



How we got here - History Black Britons



What It Means To Be An Ally



Trans Lives and Black History



Bridging the Gap between Race and Lived Experiences



Lets' talk about Conscious Inclusion!

2nd-6th - National Work Life Week



Your Healthy Boundaries



The Power of Boundaries

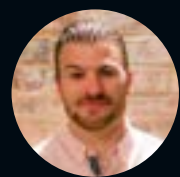
10th - World Mental Health Day



High Functioning Anxiety



Unpicking the fear of Mental Health at Work



From Anxiety & the Rational Brain

11th - Coming Out Day - LGBTQ+ celebrate authentic selves

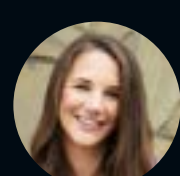


Minority Stress - Being Queer and How to Heal the Inner Child

18th - Menopause Awareness Day



Stay Meno-Positive



Demystifying Hormones. An introduction to Cycle Health



# THAT DAY

# COMING UP...

## NOV

1st - National Stress Awareness Day



Burnout Pre-Hab



Manage Stress like a Monk

November



Uncommon Man Workshop

19th - International Men's Day



Man in the Mask



The Missing Part of the Puzzle for Men's Mental health

Nov 25th-Dec 10th - 16 Days of Activism against Domestic Abuse



16 Days of Activism



Domestic Abuse & Workplace  
Responsibility

**IF YOU ARE INTERESTED IN ANY OF THE TALKS FROM SEPTEMBER -  
NOVEMBER, PLEASE DO SEND US A MESSAGE AT [ROB@THATDAY.UK](mailto:ROB@THATDAY.UK) OR  
REPLY TO OUR NEWSLETTER**

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