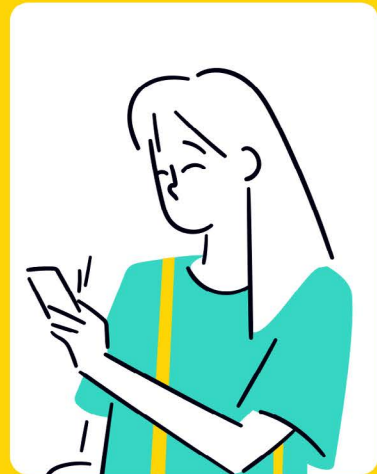




Employee Engagement Calendar for **2023**

Key dates HR leaders need to know to plan for year-long employee and business success.





We've launched the 2023 employee engagement calendar to ensure HR leaders can plan for success.

In this calendar, we'll highlight important dates for HR professionals to have on your radar, from meaningful holidays to lighthearted workplace celebrations and HR events, this has it all! Plus tips for how you can bring these to life and get your employees involved. Lastly, you'll also find helpful people strategy tips for every month.

Have a happy, safe, and productive year ahead!

2023

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 International Creativity Month 	2	3	4 Trivia Day 	5	6	7
8 Universal Letter Writing Week 	9	10	11 Take the Stairs Day 	12 Hot Tea Month 	13 Hobby Month 	14
15	16	17	18	19	20	21 Thank your Mentor Day 
22	23	24 Compliment Day 	25	26	27 Chocolate Cake Day 	28
29	30	31				

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

January

1 SUNDAY 

International Creativity Month

With a new year, comes new thoughts. Inspire yourself to get out of your comfort zones and start being innovative in your personal & professional lives.

4 WEDNESDAY 

Trivia Day

Kickstart the year by hosting a trivia event within your company. Give away small prizes for winning teams.

8 SUNDAY 

Universal Letter Writing Week

Put pen to paper and send out a thoughtful letter to someone who means a lot to you.

11 WEDNESDAY 

Take The Stairs Day

We're not moving as much, so, today, take the stairs. Use the opportunity to make healthy, fitter choices, from now.

12 THURSDAY 

Hot Tea Month

There's nothing quite like a good cup of tea to give you that energy boost. Create an energizing start – to a new year or just a new day.

13 FRIDAY 

Hobby Month

From painting or knitting to swimming or hiking, the new year is the perfect time to pick a new hobby to try.

21 SATURDAY 

Thank your Mentor Day

Take this day to thank your mentors at work. Ask yourself who helped you to become the professional individual you are now and show them how grateful you are for it!

24 TUESDAY 

Compliment Day

You never know when your colleagues could use some good vibes, so spread the positivity by giving someone a reason to smile!

27 FRIDAY 

Chocolate Cake Day

You don't need a reason to eat chocolate cake, but if you need one, today is it! Have some cake, share it with your colleagues and have a cake party!

2023

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Time to Talk Day 	3	4 World Cancer Day 
5	6	7	8	9 Toothache Day 	10	11 Don't Cry over Spilled Milk Day 
12	13 Self-Love Day 	14	15	16	17 Random Acts of Kindness Day 	18
19	20 Leadership Day 	21	22 Digital Learning Day 	23	24	25
26	27 Better Business Communication Day 	28 Puzzle Day 				

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

February

2 THURSDAY 

Time to Talk Day

This day aims to open up conversations surrounding mental health. Take time to communicate your company's wellbeing initiatives; make sure employees are comfortable enough to seek

9 THURSDAY 

Toothache Day

Take steps to prevent toothaches and ensure healthy teeth by regularly visiting the dentist and avoiding sugary foods. Your health benefits provider can help!

13 MONDAY 

Self-Love Day

This day is to celebrate, appreciate and understand the importance of self-love. It's the perfect reason to finally treat yourselves to something special.

20 MONDAY 

Leadership Day

This is your opportunity to celebrate the value and contributions of positive leadership around you. Share your leadership stories and recognize the leaders in your life.

27 MONDAY 

Better Business Communication Day

Acknowledge the efforts of those people who communicate effectively. Also, make it a point for clear, to-the-point communication with your colleagues.

4 SATURDAY 

World Cancer Day

Today, raise awareness and educate others about cancer, and press individuals to take action against the disease. Unite together to fight this global epidemic.

11 SATURDAY 

Don't Cry over Spilled Milk Day

Have a positive attitude even when things might not be going your way. It's a day to look at the bright side of things and carry that feeling with you every day after.

17 FRIDAY 

Random Acts of Kindness Day

Celebrate the day by offering your colleague their favourite snack, or by helping them complete a task. It's that simple to make someone's day!

22 WEDNESDAY 

Digital Learning Day

Use this opportunity to learn something new online. You can also share digital tools you use, channels you follow or anything that can help someone learn something new.

28 TUESDAY 

Puzzle Day

Today is the perfect day to do a little brain exercise. Whether it's a crossword, jigsaw, or Sudoku, puzzles engage your brain in more ways than one.

2023

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Employee Appreciation Day 	4
5 Read an E-Book Week 	6 National Dentist's Day 	7	8 International Women's Day 	9	10	11
12 Awkward Moments Day 	13	14	15	16	17	18
19 Let's Laugh Day 	20 International Day of Happiness 	21	22 World Water Day 	23	24	25
26 Spinach Day 	27	28	29	30 Take a Walk in the Park Day 	31	

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

March

3 FRIDAY 

Employee Appreciation Day

Employees are one of a company's greatest assets. Show your employees that you value them with a thank you note, a team outing, or some time off!

5 SUNDAY 

Read an E-Book Week

Use this week to read a different book everyday to help boost your workplace skills. At the end of the week share your insights with your colleagues.

6 MONDAY 

National Dentist's Day

Did you know that dentists play an important part in our health? It's a great day to showcase your appreciation for your dentist and their dedicated work!

8 WEDNESDAY 

International Women's Day

This is the day to appreciate the efforts of women. Come together to show women just how valuable they are in today's society and help them spread their wings and fly higher.

12 SUNDAY 

Awkward Moments Day

Whether you said something silly in front of your manager or waved at a complete stranger, embrace those embarrassing or awkward moments and laugh about them.

19 SUNDAY 

Let's Laugh Day

It's never good to be serious all the time. This day reminds you to add a little humor to your day. Crack jokes with your colleagues and laugh out loud.

20 MONDAY 

International Day of Happiness

The International Day of Happiness recognizes the pursuit of happiness as a fundamental human goal. So let's make happiness at work happen, too.

22 WEDNESDAY 

World Water Day

This day draws attention to the water-related issues almost every country faces. Do your bit by raising awareness or reducing your water footprint.

26 SUNDAY 

Spinach Day

There are so many delicious ways you can enjoy spinach, and it's incredibly good for you! Ask the Loop nutritionists, they'll certainly agree and help find a way to include this superfood in your diet.

30 THURSDAY 

Take a Walk in the Park Day

Working between the four walls can get monotonous. Break the cycle with a quick walk in nature for some inner healing. It helps your mental, physical, and emotional health.

2023

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>International Fun at Work Day</div> <div></div>
<div>2</div> <div>Walk to Work Day</div> <div></div>	<div>3</div> <div></div> <div></div>	<div>4</div> <div>Vitamin C Day</div> <div></div>	<div>5</div> <div></div> <div></div>	<div>6</div> <div></div> <div></div>	<div>7</div> <div>World Health Day</div> <div></div>	<div>8</div> <div></div> <div></div>
<div>9</div> <div></div> <div></div>	<div>10</div> <div>Siblings Day</div> <div></div>	<div>11</div> <div></div> <div></div>	<div>12</div> <div></div> <div></div>	<div>13</div> <div></div> <div></div>	<div>14</div> <div></div> <div></div>	<div>15</div> <div></div> <div></div>
<div>16</div> <div></div> <div></div>	<div>17</div> <div></div> <div></div>	<div>18</div> <div></div> <div></div>	<div>19</div> <div></div> <div></div>	<div>20</div> <div>High Five Day</div> <div></div>	<div>21</div> <div>World Creativity and Innovation Day</div> <div></div>	<div>22</div> <div>Earth Day</div> <div></div>
<div>23</div> <div>World Book Day</div> <div></div>	<div>24</div> <div></div> <div></div>	<div>25</div> <div></div> <div></div>	<div>26</div> <div></div> <div></div>	<div>27</div> <div>Stop Food Waste Day</div> <div></div>	<div>28</div> <div></div> <div></div>	<div>29</div> <div>International Dance Day</div> <div></div>
<div>30</div> <div></div> <div></div>						

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

April

1 SATURDAY

International Fun at Work Day

This is your chance to have fun at work with your team at the office. Combine it with an April Fool's prank for an extra zing!

2 SUNDAY

Walk to Work Day

Kick-off a health and wellness initiative and encourage employees to walk to work. Create a little friendly competition and offer prizes.

4 TUESDAY

Vitamin C Day

Vitamin C is good for your body, mind, and soul. It lowers the risk of heart disease and reduces blood pressure. Get advice from Loop doctors on ways you can get this powerhouse in your diet.

7 FRIDAY

World Health Day

Both mental and physical health is extremely important. Celebrate World Health Day by planning a Zumba session at the office! Loop wellness team can help!

10 MONDAY

Siblings Day

Celebrate your siblings and the times you've had together. Laugh at the awkward time in your youth, enjoy looking at photos and videos and just appreciate their presence in your life.

20 THURSDAY

High Five Day

Give your teammate or colleague a high five to show your appreciation or gesture "Congratulations!" or "Great job!"

21 FRIDAY

World Creativity and Innovation Day

A day to encourage people around the world to engage in creative thinking. Think of ideas and innovations to make the world a better place.

22 SATURDAY

Earth Day

Be kind to the earth every day. But today, adopt new habits. Try simply everyday things you can do like bike or walk to work, reduce the use of plastic, save water, plant trees, or switch off unnecessary lights.

23 SUNDAY

World Book Day

Host a book club and catch up on some of your favourite novels, or professional books. Bounce off ideas, discuss topics, and by the end of it, you gained knowledge as well as bonded with colleagues.

27 THURSDAY

Stop Food Waste Day

Food waste is a serious and growing problem. Show your support by freezing leftovers, don't overorder, and stock your refrigerator smartly.

29 SATURDAY

International Dance Day

It's Saturday night! Grab your colleagues, put your dancing shoes on, and get ready to step out. Have a fun time getting to know your team better.

2023

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mental Health Awareness Month 	2	3	4 World Password Day 	5	6
7	8	9	10	11 Eat What You Want Day 	12 International Nurses Day 	13
14 Mother's Day 	15	16	17 World Hypertension Day 	18 Employee Health and Fitness Day 	19	20
21 Eat more Fruits and Vegetables Day 	22	23	24 Brother's Day 	25	26	27
28	29 Paperclip Day 	30	31			

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

May

1 MONDAY 

Mental Health Awareness Month

With long working hours, strict deadlines, and work pressure, employees face mental health issues. Take this opportunity to support every individual with mental health consults, ask the Loop experts for help.

11 THURSDAY 

Eat What You Want Day

Today, don't spend time stressing over your diet. Enjoy a hearty, greasy, cheesy or sugary meal with your colleagues. Spread love, joy and happiness through food.

14 SUNDAY 

Mother's Day

Mother's Day is the perfect opportunity each year to remind Mom how much she is loved, appreciated and noticed. Celebrate your mom with tasty brunch and gifts to show her how much you care.

21 SUNDAY 

Eat More Fruits & Vegetables Day

Fresh fruits and veggies in the diet are necessary for a healthy life. And this day, pays importance to a healthy diet. Talk to Loop nutritionists to get tips on a wholesome diet that's doable, everyday.

29 MONDAY 

Paperclip Day

The day celebrates the well-known piece of curved wire that keeps your papers together and helps you stay organized. Share your favorite paperclip tips to help others in the office.

4 THURSDAY 

World Password Day

Passwords are your digital gatekeepers. Keep your information safe by changing passwords to a strong one turn on two-factor authentication, and log off when you're done with a program.

12 FRIDAY 

International Nurses Day

Give a big thank-you to the hard-working medical professionals who keep hospitals, rehab centers, nursing homes & other care centers up and running.

17 WEDNESDAY 

World Hypertension Day

High blood pressure leads to a range of health problems. Loop's in-house team of doctors can help you cope effectively to ensure a healthier life ahead.

18 THURSDAY 

Employee Health and Fitness Day

Staying fit and healthy starts at the office. Celebrate this day by taking a walk or organizing a fitness session right at the office!

24 WEDNESDAY 

Brother's Day

Get in touch with your brother or colleagues at work and spend some quality time together, in-person or virtually. Plan a day out, go for dinner, or watch a movie.

2023

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Global Running Day 	2	3 National Doughnut Day 
4	5 World Environment Day 	6	7	8 Best Friends Day 	9	10
11 Family Health and Fitness Day 	12 Global Wellness Day 	13	14	15	16 Fudge Day 	17
18 International Picnic Day 	19 Father's Day 	20	21 International Yoga Day 	22	23	24
25	26	27 Bingo Day 	28 Insurance Awareness Day 	29	30	

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

June

1 THURSDAY ⚡

Global Running Day

Take strides toward leading healthier, fitter lives. Grab a friend and go!

3 SATURDAY 🍩

National Doughnut Day

We love any excuse for sweets. Send surprise treats to the team!

5 MONDAY 🍃

World Environment Day

Get together and do your bit for the environment.

8 THURSDAY 🗣️

Best Friends Day

Whether they're near or far, old or new, best friends help carry you through your lives. Tell them how you feel.

11 SUNDAY 🍏

Family Health and Fitness Day

Spend a day with your family in the great outdoors while working on your physical fitness!

12 MONDAY ➕

Global Wellness Day

A day that draws attention to the importance of "living well." What an amazing day to say 'yes' to holistic wellbeing.

16 FRIDAY 🍭

Fudge Day

Indulge in your favorite flavor of this delicious sweet treat. Share the love with your colleagues by sending them a box too.

18 SUNDAY ☕

International Picnic Day

Host a potluck (virtual or otherwise) at a local park. Get your team together and enjoy a feast.

19 MONDAY 👨

Father's Day

There's no better day to show your father you care than this day. Make your father feel extra special with a gift that means something.

21 WEDNESDAY ⭐

International Yoga Day

Restore your mind, body & soul by practicing your favorite postures. A fun session is Loop's laughter yoga. Rope in a few teammates too!

27 TUESDAY 📅

Bingo Day

A great way to engage your employees with an exciting game of bingo.

28 WEDNESDAY 🛡️

Insurance Awareness Day

Insurance is important in countless aspects of your life. Learn more about your group health insurance plan today.

2023

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>International Joke Day</div> <div></div>
<div>2</div> <div>National I Forgot Day</div> <div>?</div>	<div>3</div> <div>International Plastic Bag Free Day</div> <div>✓</div>	<div>4</div>	<div>5</div> <div>Workaholics Day</div> <div>✉</div>	<div>6</div>	<div>7</div> <div>Tell the Truth Day</div> <div>👍</div>	<div>8</div>
<div>9</div>	<div>10</div>	<div>11</div>	<div>12</div> <div>Simplicity Day</div> <div>🍃</div>	<div>13</div> <div>Embrace your Geekness Day</div> <div>🎓</div>	<div>14</div>	<div>15</div> <div>Give Something Away Day</div> <div>❤</div>
<div>16</div>	<div>17</div> <div>World Emoji Day</div> <div>😎</div>	<div>18</div> <div>Insurance Nerd Day</div> <div>📄</div>	<div>19</div>	<div>20</div> <div>International Chess Day</div> <div>♟</div>	<div>21</div> <div>Get to Know Your Customers Day</div> <div>👤</div>	<div>22</div>
<div>23</div>	<div>24</div> <div>International Self-Care Day</div> <div>★</div>	<div>25</div> <div>Culinarians Day</div> <div>🍲</div>	<div>26</div>	<div>27</div>	<div>28</div> <div>Intern Day</div> <div>☕</div>	<div>29</div> <div>System Administrator Appreciation Day</div> <div>👤</div>
<div>30</div>	<div>31</div>					

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

July

1 SATURDAY

International Joke Day

This day is all about getting a grin out of your colleagues and friends. Send out a dad joke or meme to your team for endless laughter.

2 SUNDAY

National I Forgot Day

Get a jumpstart on apologies for all the things you inevitably forget. Reach out to make amends for forgotten birthdays!

3 MONDAY

International Plastic Bag Free Day

Did you know it takes 500 years for plastic bags to disintegrate? Switch to reusable bags. They look cool and make great gifts!

5 WEDNESDAY

Workaholics Day

Do you spend all your time working and ignore other pursuits in life? Today, take some time off and unwind.

3 FRIDAY

Tell the Truth Day

What's that one thing you lied to your coworkers about? Well, this is the time to come clean.

12 WEDNESDAY

Simplicity Day

Put all your thoughts aside and embrace simple living and a simple outlook towards life.

13 THURSDAY

Embrace your Geekness Day

Being a geek is something to be proud of. So accept your geekiness with open arms and show off your knowledge with pride!

15 SATURDAY

Give Something Away Day

A day when you could clean your house and get rid of clutter, show someone that you care, gift small things, and generally make the world a better place.

17 MONDAY

World Emoji Day

Light up your friends and colleagues' phones with all the emojis you want today - show them how you feel!

18 TUESDAY

Insurance Nerd Day

Surely, you have a health benefits partner. Give them a shout-out on this day that celebrates those who work in insurance.

20 THURSDAY

International Chess Day

Amrit Singh, Loop's CRO is a chess fanatic! Who loves chess in your office? Time to set up a friendly match.

21 FRIDAY

Get To Know Your Customers Day

Customers are the lifeline of any business. Understand them better, so their trust and loyalty increases.

24 MONDAY

International Self-Care Day

Enjoy a meditation session, massage, or other wellness treats with your colleagues and friends.

25 TUESDAY

Culinarians Day

This day helps celebrate those who love cooking. So why not host a potluck and get all your colleagues to bring a dish or two.

28 FRIDAY

Intern Day

Everyone loves recognition, even interns. Say thank you, host a game or just give them a pat on the back.

29 SATURDAY

System Administrator Appreciation Day

From troubleshooting to debugging, the IT guys keep your virtual world running. Thank them today!

2023

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Planner Day 	2	3	4	5 Work like a Dog Day 
6 Wiggle your Toes Day 	7 International Friendship Day 	8	9 Book Lovers Day 	10	11	12 International Youth Day 
13 Bowling Day 	14	15 Relaxation Day 	16	17	18	19
20	21 Internet Self-Care Day 	22	23	24	25	26 Women's Equality Day 
27 Just Because Day 	28	29	30	31 Eat Outside Day 		

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

August

1 TUESDAY 

Planner Day

What better way to celebrate than to plan out your future. Build a vision board with your team & focus on what you all want to achieve and the goals you want to reach.

5 SATURDAY 

Work Like a Dog Day

This day honors people who put in that extra bit of hard work. Today, appreciate the hard workers & if it's you then time to chill out because after all "It's a dog's life!"

6 SUNDAY 

Wiggle Your Toes Day

A fun day to let your toes breathe in open sandals. Ditch the office shoes and head out with your team in your favorite sandals!

7 MONDAY 

International Friendship Day

Gather all your best buddies who've stuck through thick and thin, good times and bad!

9 WEDNESDAY 

Book Lovers Day

There's no better way to spend a Tuesday evening than with your favourite book and a cup of hot piping coffee.

12 SATURDAY 

International Youth Day

Inspire and guide the youth in your organization in the right direction. After all, they're the future!

13 SUNDAY 

Bowling Day

The best team outing we'd day! Head with your coworkers to a bowling alley and set up for an action-packed evening! Who's going to score the most? It's worth it.

15 TUESDAY 

Relaxation Day

The time has come for you to set work aside, put your foot up on an ottoman, switch on your favorite TV show & relax with some caramel popcorn.

21 MONDAY 

Internet Self-Care Day

Have you spent time on yourself? No? Well, today is the day to use the internet to find resources to take care of you! Maybe even jump in on one of Loop's awesome wellness sessions. They're really fun, swear!

26 SATURDAY 

Women's Equality Day

Time to give your women coworkers a show out! Show them.

27 SUNDAY 

Just Because Day

Do you really need a reason to celebrate? If you want pizza for breakfast, send a thoughtful card to a coworker, or give your manager a gift, just go for it! Why? Well, just because.

31 THURSDAY 

Eat Outside Day

Sometimes, you just have to stop and smell the roses. So, teams, pack a lunch, head on over to the park, and enjoy the breeze while you eat your meal under the sun.

2023

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Teachers day 	6	7	8 World Physical Therapy Day 	9 International Sudoku Day 
10 Swap Ideas Day 	11	12 Employee Exchange Day 	13 Positive Thinking Day 	14 Coloring Day 	15	16
17 CleanUp Day 	18 International Week of Happiness at Work 	19	20	21 World Gratitude Day 	22 Dear Diary Day 	23
24	25	26 HR Appreciation Day 	27	28 Ask a Stupid Question Day 	29 World Heart Day 	30

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September

5 TUESDAY 

Teachers day

Whether your boss, mentor, team leader or manager, thank that someone who went above and beyond to encourage you because they could see your potential.

8 FRIDAY 

World Physical Therapy Day

This day generates awareness about the crucial contribution physiotherapists make to society, enabling people to be mobile, well, and independent.

9 SATURDAY 

International Sudoku Day

Train your employees' brains with this fun Friday game in the office. The winner gets a prize!

10 SUNDAY 

Swap Ideas Day

Barter goods, exchange ideas, trade opinions and discuss viewpoints with your coworkers. You may solve a critical problem!

12 TUESDAY 

Employee Exchange Day

You and your manager can switch places for the day and see how the other one spends their day. Can you do their job?

13 WEDNESDAY 

Positive Thinking Day

Are you the glass half empty kinda person? Change that today. Today is all about positive thinking.

14 THURSDAY 

Coloring Day

Who says coloring is only for kids? Grab one of those adult coloring books, and let the destress process begin.

17 SUNDAY 

CleanUp Day

Get your team and head out to keep the outdoors clean. Spend time collecting trash and beautifying your spaces.

19 TUESDAY 

International Week of Happiness at Work

Everybody wants to be happy. Also at work. As an HR, it's time to make each and every one of your employees happier.

21 THURSDAY 

World Gratitude Day

Whether it's your boss, coworker, family member or friend, show your gratitude. Don't shy away.

22 FRIDAY 

Dear Diary Day

Use a diary to express your thoughts in a written form every day. It reduces anxiety and will help you cope with workplace stress.

26 TUESDAY 

Appreciation Day

HRs are vital and essential to every company. Sometimes, they may not get enough credit for what they do. It's time to show them some love!

28 THURSDAY 

Ask a Stupid Question Day

There really is no such thing as a stupid question. Get teams to ask each other or managers questions they want answers to.

29 FRIDAY 

World Heart Day

This day is to increase public awareness of cardiovascular diseases, their prevention and their global impact. So, spread the word.

2023

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 International Coffee Day 	2 Work-Life Week 	3	4 World Animal Day 	5	6	7 World Smile Day 
8	9	10 World Mental Health Day 	11	12 Savings Day 	13 World Sight Day 	14
15	16 Boss's Day 	17 Clean Out your Virtual Desktop Day 	18	19	20	21
22 Make a Difference Day 	23	24	25 World Pasta Day 	26	27 National Mentoring Day 	28
29	30 Checklist Day 	31				

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Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

October

1 SUNDAY 

International Coffee Day

Break silos by encouraging employees to have coffee with someone new.

2 MONDAY 

Work-Life Week

Workplace burnout affects everyone. This day is all about promoting a healthier work-life balance for both you and your employees.

4 WEDNESDAY 

World Animal Day

Calling all animal lovers. Animals don't have a voice, speak on their behalf and work towards creating a safe space for all animals!

7 SATURDAY 

World Smile Day

The power of a smile is unmatched. Spread smiles throughout the office and make the whole space light up.

10 TUESDAY 

World Mental Health Day

Talk about mental health with your colleagues, friends & family. Break the stigma around it, and preach the importance of speaking out when struggling with a mental health issue.

12 THURSDAY 

Savings Day

Spending is fun but saving is even better! You can save a portion of your salary or set a budget, share your ideas with your colleagues to help them too!

13 FRIDAY 

World Sight Day

Just like other organs, the eyes are very important. Ensure you have a vision plan that covers your eyes and ensures you're protected.

16 MONDAY 

Boss's Day

Recognition isn't just for employees. Ask teams to send their boss a quirky award, like "Best Dressed" or "Funniest Boss" award.

17 TUESDAY 

Clean Out Your Virtual Desktop Day

Remember when your computer was new and the desk was clean and organized? Time to get rid of that mess and clean today.

22 SUNDAY 

Make a Difference Day

If you have ever wondered if your actions can make a difference, the answer is yes. And if you have wondered where to start, the answer is Make a Difference Day.

25 WEDNESDAY 

World Pasta Day

Grab your colleagues and head to your favorite Italian restaurant. Order a pasta dish and enjoy every bite while bonding with your team!

27 FRIDAY 

National Mentoring Day

It's the perfect time to think of a mentor that shaped you into who you are today. It's time to celebrate them!







30 MONDAY 

Checklist Day

Are you someone who has too much on their plate and too little time, you definitely need a checklist to stay afloat. Celebrate this amazing tool 'checklist'.

2023

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 International Stress Awareness Week 	2	3	4
5 Zero Tasking Day 	6 Team Manager Day 	7	8	9	10	11
12	13 World Kindness Day 	14 World Diabetes Day 	15	16	17 Take a Hike Day 	18
19	20	21 World Hello Day 	22	23 Espresso Day 	24	25
26	27	28	29 E-Greeting Card Day 	30 Stay at Home Because You're Well Day 		

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

November

1 WEDNESDAY 

International Stress Awareness Week

Improve your mental wellbeing at work and in everyday life during Stress Awareness week by noticing stressors and using tactics like journaling to combat them.

5 SUNDAY 

Zero Tasking Day

Dedicate this day to 'me time.' We encourage rest, relaxation without worrying about office work, house work or anything related. Just Netflix and chill.

6 MONDAY 

Team Manager Day

Team managers are unsung heroes and the glue that holds every team together. Thank them for the help and hard work they dedicate to make sure everything runs smoothly.

13 MONDAY 

World Kindness Day

Compassion for others is what binds us all together. Don't forget to spread kindness and love throughout the office and don't forget to be kind to yourself too.

14 TUESDAY 

World Diabetes Day

World Diabetes Day provides an opportunity to raise awareness about diabetes. Take some time out today to check your diabetes and work toward a healthier lifestyle.

17 FRIDAY 

Take a Hike Day

Grab your boots, some snacks, and water and get ready to experience the great outdoors. Get your heart pumping while you breathe in pristine air.

21 TUESDAY 

World Hello Day

Have you ever thought about the value of a simple hello? On this day, take time to greet people with a smile and understand the importance of simple communication in your daily lives.

23 THURSDAY 

Espresso Day

Rich & powerful, espresso is a fantastic boost to get through those long hard days. Sip on your powerful solution to an otherwise dreary day.

29 WEDNESDAY 

E-Greeting Card Day

If you want a blast from the past, use today to check out modern Ecards. Pick out suitable cards for friends, family and colleagues & laugh at the cheesiness while spreading love.

30 THURSDAY 

Stay at Home Because You're Well Day

Do you want a day that encourages you to take the day off to rest and recuperate from your busy work schedules, and not just because you're ill or need to fake an illness to get personal time off? This is it!

2023

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <div>Play Basketball Day</div>
3 <div>Make a Gift Day</div>	4	5 <div>International Volunteer Day</div>	6	7	8 <div>Chocolate Brownie Day</div>	9
10 <div>Salesperson Day</div>	11	12 <div>International Universal Health Coverage Day</div>	13	14	15	16
17	18	19	20 <div>Games Day</div>	21 <div>Look on the Bright Side Day</div>	22	23
24	25	26 <div>Thank You Note Day</div>	27	28	29 <div>Tick Tock Day</div>	30
31 <div>No Interruptions Day</div>						

WHAT YOU CAN DO:

Find, simple yet engaging ways for you and your colleagues to celebrate each day & make the most of it!

December

2 SATURDAY 

Play Basketball Day

Sports not only help with team building but also keep you healthy. Play a game with your colleagues. The winning team gets a special treat.

3 SUNDAY 

Make A Gift Day

December is the time for giving. For this year's Secret Santa, rather than ready-made gifts, have teams create handmade gifts for one another. They'll have a special meaning and can be treasured forever.

10 SUNDAY 

Salesperson Day

Sales people are the backbone of every business. This day, thank them for a job well done, give them a gift, a coffee or their favourite sweet treat. It's the perfect gesture.

20 WEDNESDAY 

Games Day

Besides being stress busters, games are the perfect way to bring teams together. So host a bunch of games in the office and have some fun. Take inspiration from Loop's [blog](#).

26 TUESDAY 

Thank You Note Day

Put your phone down, dust off your stationary, and get to writing. Whether you want to thank friends and family for Christmas gifts or your colleagues for always standing by you. Put pen to paper.

31 SUNDAY 

No Interruptions Day

On the last workday of the year, set aside the day to get organized for the new year by cleaning up your workspace or thoughts without interruptions.

5 TUESDAY 

International Volunteer Day

Teams that volunteer together stay together. Whether your teams are in the office or dispersed, encourage employees to volunteer with a local charity.

12 TUESDAY 

International Universal Health Coverage Day

This day, promoted by the World Health Organization, calls all nations to provide for their citizens affordable, quality health care.

21 THURSDAY 

Look On The Bright Side Day

You can't always be optimistic but on this day, you can always try your best to be!

29 THURSDAY 

Tick Tock Day

Whether work-related or personal, this day serves as a reminder that the year is coming to an end, so get around to finishing pending tasks on your to-do list!

8 FRIDAY 

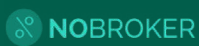
Chocolate Brownie Day

Enjoy some fudgy, warm brownies. Invite friends, family and colleagues to enjoy them with you, too! Don't forget to add a scoop of ice cream to make them extra special!



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