

Lyra wellbeing



**VIRTUAL CONNECT
CONTENT & WEBINAR
CALENDAR 2026**

An Integrated Solution Offering Holistic Wellbeing



Monthly Material Distributed and accessible via Mercury:

- Digital Drops (Articles)
- Financial Pack
- Musculoskeletal (MSK) Material

All links for Virtual Events & Webinars are included at the end of the Calendar.

JANUARY 2026



SUN

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THEME:

Seeing the Whole You: A New Perspective on Health

Focuses on shifting the perspective: from weight to non-weight metrics, from criticism to self-acceptance, and from beach-only sun care to everyday protection.

GROW WITH US:

WEBINAR

MSK WEBINAR

CAMPAIGN

CUSTODIAN EVENT

What's your fix for 2026?

In 2026, we're ditching the all-or-nothing mindset and championing the impact of the micro-change. We're talking about that one, small, strategic adjustment that unlocks a huge positive shift. Maybe it's putting your phone away after 8 PM. Maybe it's learning to say "no."

28	29	30	31	01 What's your fix for 2026?	02	03
04	05	06	07 Let's Padel	08	09	10
11	12	13	14	15 Biohacking	16	17
18	19	20	21	22	23	24
25	26	27	28 "Fun at Work Day!"	29	30	31

FEBRUARY 2026



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THEME:

Your Natural Prescription: Grounding Practices for Mental Fitness

"Rx" (Prescription) highlights the focus on Nature Prescriptions. "Grounding Practices" ties in the topics of Forest Bathing, Gardening, and Staying Grounded in simple, actionable ways.

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WEBINAR

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CAMPAIGN

VIRTUAL EVENT

What does the data say?

It's the perfect time to let your data determine your wellbeing strategy.

Log into your reporting dashboard to clearly see your performance wins and identify any trends that require attention. Use these actionable insights to refine your goals and strategically plan for the rest of the year.

01	02 Manager Mondays: Managerial Info Session	03	04	05 Movement matters	06	07
08	09	10 Topic Tuesday: Relationship Awareness	11 Navigating Chronic Stress	12	13	14 
15	16	17 Rands, Romance and Reality	18 Wellness Wednesday: Employee Info Session	19	20	21
22	23	24	25	26	27	28
01	02	03	04	05	06	07

MARCH 2026



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THEME:

Rethinking Resilience: Mindset, Meals, and Momentum

A more upbeat theme that connects the mental aspect (Mindset), the nutritional strategy (Meals), and the long-term consistent progress (Momentum).

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MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

Lets Keep Moving

"Ergonomics defeats fatigue, transforming error-makers into efficient performers."
- Regina Burbidge (Musculoskeletal Consultant)

ErGo is an ergonomic risk mitigation tool, designed by qualified occupational therapists to create healthier, safer, and more productive workspaces. Book your demo now!



01

02
Manager Mondays:
Managerial Info Session

03

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What is ergonomics and why does it matter?

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You're only as healthy as your nervous system

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Topic Thursday:
Financial Awareness

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Wellness Wednesday:
Employee Info Session

19
Custodian Engagement Session

20
International Day of Happiness

21
Human Rights Day

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25
Navigating the Emotional Terrain of Fertility struggles

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31
Lunch & Learn - Custodian event.

01

02

03

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PUBLIC HOLIDAYS

CUSTODIAN EVENT

Lyra wellbeing

APRIL

2026



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THEME:

The Eustress Edge: Harnessing Good Stress for Health and Focus

A dynamic theme that highlights the goal of leveraging Eustress while offering practical tools (movement, boundaries) to prevent it from becoming damaging Distress.

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WEBINAR

MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

“MAKING IT UP?” SAID MARVIN

“Why should I want to make anything up? Life's bad enough as it is without wanting to invent any more of it.”
(Adams, D. 1979. The Hitchhiker's Guide to the Galaxy)
Once the punchline of artificial intelligence, Marvin now stands as a prophecy fulfilled. In the Employee Wellness Programmes of tomorrow, AI won't steal our humanity — it will supercharge it. Turning data into understanding, and insight into empathy, AI will remind us that the real upgrade isn't in the machine... it's in how we use it.
- Dr. Ivan Kanes (Case Consultancy Supervisor)

29	30	31	01 Wellness Wednesday: Employee Info Session	02 Holistic Wellbeing and spotlight on EWP	03 Good Friday	04
05	06 Family Day	07	08	09 Avoiding back pain with manual handling	10	11
12	13 Manager Mondays: Managerial Info Session	14 Parenting with Confidence	15	16 Pyjama's to Work Day	17	18
19	20	21 Topic Tuesday: Stress Awareness	22	23	24	25
26	27 Freedom Day	28	29	30	01	02

PUBLIC HOLIDAYS

Lyra wellbeing

MAY

2026



SUN

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THEME:

The Inner Game: Checking In, Tuning Out the Critic, and Connecting

Uses the metaphor of an "Inner Game" to capture the processes of self-awareness and reframing while highlighting the importance of external connections

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CAMPAIGN

VIRTUAL EVENT

Mental Health Awareness

"Can anyone see me? Can anyone hear me? I am right here"

-Bashee Naidoo

(Director of Customer Success)

If you or your loved one are feeling lonely - please reach out to your EWP.

26	27	28	29	30	01 International Workers' Day	02
03	04 Manager Mondays: Managerial Info Session	05	06	07 Coaching for Thought Leaders	08	09
10	11 Mental Health Awareness Week	12 Burnout: top risk drivers in a modern world.	13	14	15	16 Pizza Party Day
17	18 Don't hold your breath: influence on muscle pain.	19	20 Wellness Wednesday: Employee Info Session	21	22	23
24 / 31	25	26 Topic Tuesday: Work-Life Balance Awareness	27	28	29	30

PUBLIC HOLIDAYS

Lyra wellbeing

JUNE

2026



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THEME:

Navigating the Noise: Self-Acceptance in a World of Pressure

Acknowledges the reality of Peer Pressure and FOMO ("The Noise") and emphasizes the shift toward Self-Acceptance and valuing one's own company (JOMO).

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CAMPAIGN

VIRTUAL EVENT

Men's Health Month

"Courage is not the absence of fear; it is the choice to speak up. Taking care of your mental health isn't weakness – it's the foundation of true strength."

- Glenn Simpson (Customer Success Manager - Virtual)

31	01 Men's Health Month	02 Topic Tuesday: Relationships Awareness	03	04 Data Devices and millennials	05	06
07	08 Manager Mondays: Managerial Info Session	09	10 Human Leadership: Power skills for Performance & Connection.	11	12	13
14	15	16 Youth Day	17	18 Gen to Gen-Get Smarter with Money	19	20
21	22	23	24 Wellness Wednesday: Employee Info Session	25	26	27
28	29	30 Lunch & Learn - Custodian event.	01	02	03	04

PUBLIC HOLIDAYS

CUSTODIAN EVENT

Lyra wellbeing

JULY 2026



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THEME:

The Self-Compassion Project: Redefining Care, Worth, and Enoughness

Directly addresses the core shift: moving from self-criticism (guilt, comparison) to self-compassion. It covers self-care as necessary and the acceptance of "Enoughness."

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CAMPAIGN

VIRTUAL EVENT

Executive Wellbeing

"As a seasoned executive in the Mental Health industry, I'm acutely aware of the profound impact and daily stressors that executives have to contend with. Prioritising our health and wellbeing is paramount."
-Navlika Ratangee (Managing Director)

Executive Wellbeing is a non-negotiable. Book your tour of the Lyra Executive Wellbeing Centre.



28	29	30	01 Ice-Cream Flavours Day	02 Fit for purpose, fit for work: The industrial athlete	03	04
05	06 Manager Mondays: Managerial Info Session	07	08	09 Seasonal Affective Disorder (SAD) and Beating the Winter/Summer Blues.	10	11
12	13	14 Topic Tuesday: Financial Awareness	15 Adolescent Mental Health	16	17	18 Nelson Mandela Day
19	20 Custodian Engagement Session	21	22 Wellness Wednesday: Employee Info Session	23	24	25
26	27	28	29	30	31	01

CUSTODIAN EVENT

Lyra wellbeing

AUGUST 2026



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THEME:

Sustaining Strength: Health, Hormones, and the Power of Sisterhood

Highlights the focus on Women's Health (screenings, hormones) and the vital role of intergenerational connections and friendships in sustaining female strength.

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WEBINAR

MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

Women's Month

"A woman is the full circle. Within her is the power to create, nurture, and transform."
— Diane Mariechild

26	27	28	29	30	31	01 National Women's Month
02	03 Manager Mondays: Managerial Info Session	04	05	06 Elvis the Pelvis – (Men's Health)	07	08
09 National Women's Day	10 Observation of National Women's Day	11 Redefining the new standard of Executive Wellbeing	12	13	14	15
16 Tell a Joke Day	17	18	19 Wellness Wednesday: Employee Info Session	20	21	22
23 / 30	24 / 31	25 Topic Tuesday: Stress Awareness	26	27	28	29

PUBLIC HOLIDAYS

SEPTEMBER

2026



SUN

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THEME:

Optimising Order: From Budgeting to Braai Culture

Highlights the central idea of Order in multiple areas: Finances, Goals, Environment, and Social Life.

GROW WITH US:

WEBINAR

MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

Spring Forward: Refresh Your Skills!

“It's Time to Grow! Just as nature renews itself in spring, let's refresh our professional development. Dive into our latest learning initiatives this season to cultivate new skills and bloom in your role.”
- Unknown

30	31	01 Suicide Prevention Month	02 Building the 'A' Team: A Blueprint for Organizational Excellence	03	04	05
06	07	08 Topic Tuesday: Work-Life Balance Awareness	09	10 Suicide Awareness: Recognising experiences, starting Conversation.	11	12
13	14	15 Beyond the Desk: Your Guide to Ergonomics and Movement at the Office.	16	17	18	19 National Clean Up Day
20	21 Manager Mondays: Managerial Info Session	22	23	24 Heritage Day	25	26
27	28	29	30 Wellness Wednesday: Employee Info Session	01	02	03

PUBLIC HOLIDAYS

OCTOBER

2026



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THEME:

The Proactive Path: Normalising Help and Building Inner Tools

Emphasises the need to Normalise Therapy and the shift towards viewing mental health as an active process of acquiring Inner Tools to manage stress and feelings.

GROW WITH US:

WEBINAR

MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

Mental Health

“To truly fix the cycle of trauma, we must first acknowledge, and then heal, the invisible wounds that keep us trapped.”
- Unknown

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	01 Women and Bone Health	02 Mental Health Awareness Month	03
04	05 Manager Mondays: Managerial Info Session	06 Mad Hatter Day	07	08	09 Anxiety in an Uncertain World	10
11	12	13 Topic Tuesday: Stress Awareness	14	15 Domestic and Intergenerational Abuse and the impact on mental health.	16	17
18	19 Know the game before you play. Gambling & Gaming.	20	21 Wellness Wednesday: Employee Info Session	22	23	24
25	26	27 Lunch & Learn - Custodian event.	28	29	30	31

PUBLIC HOLIDAYS

CUSTODIAN EVENT

Lyra wellbeing

NOVEMBER

2026



SUN

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THEME:

Courageous Conversations: Defining Safety and Breaking the Cycle of GBV

Highlights the necessity of addressing difficult topics (Masculinity, Consent) and the core goal of Safety in all spaces — physical and digital.

GROW WITH US:

WEBINAR

MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

Sixteen Days

"We must teach our children not to be bystanders to injustice, but to be the architects of a culture based on respect and equality."

- Unknown

01

02
Manager Mondays:
Managerial Info Session

03
Custodian Engagement Session

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Reclaiming Ubuntu: The Power of Human Connection in Modern Life

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The Digital Age of Parenting

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Topic Thursday: Financial Awareness

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Wellness Wednesday: Employee Info Session

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Odd Socks Day

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6 Days of Activism against GBV

26
"The Story": Approaching Life's changes in ways that support Mental Health

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PUBLIC HOLIDAYS

CUSTODIAN EVENT

DECEMBER

2026



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THEME:

The Mindful Finale: Embracing Joy Without the Burnout

Focuses on maximising the Joy of the season while providing the necessary strategies to prevent the common pitfalls of stress, overcommitment, and financial strain.

GROW WITH US:

WEBINAR

MSK WEBINAR

CAMPAIGN

VIRTUAL EVENT

Dezemba!

Disability does not limit potential; it is a catalyst for innovation when met with true understanding and support. People with disabilities are not subjects for patronage, but are invaluable assets whose capabilities and worth will profoundly enrich any organisation. We all have a responsibility to challenge misconceptions and champion inclusion, shifting the narrative from 'less capable' to 'highly competitive'.

- Christina Colette (OP Solutions Manager)

29	30	01 Topic Tuesday: HIV/Aids Awareness	02	03 International Day of Disabilities	04	05
06	07	08 Beyond the Pain: The Mental Impact of Muscle Pain	09	10	11	11
13	14	15	16 Day of Reconciliation	17	18	19
20	21	22	23	24	25 Christmas Day	26 Boxing Day
27	28	29	30	31	01	02

PUBLIC HOLIDAYS

VIRTUAL EVENT LINKS



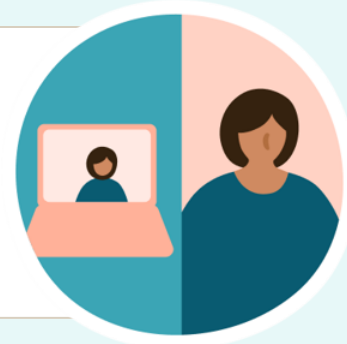
Month & Time		Virtual Event Title	Platform	Links
2 February 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
10 February 2026	10:00 AM	Topic Tuesday: Relationship Awareness	MS Teams	Click Here to Register
18 February 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
2 March 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
12 March 2026	10:00 AM	Topic Thursday: Financial Awareness	MS Teams	Click Here to Register
18 March 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register






Month & Time	Virtual Event Title	Platform	Links	
1 April 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
13 April 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
21 April 2026	10:00 AM	Topic Tuesday: Stress Awareness	MS Teams	Click Here to Register
4 May 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
20 May 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
26 May 2026	10:00 AM	Topic Tuesday: Work-Life Balance Awareness	MS Teams	Click Here to Register
2 June 2026	10:00 AM	Topic Tuesday: Relationships Awareness	MS Teams	Click Here to Register
8 June 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
24 June 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register

Month & Time	Virtual Event Title	Platform	Links	
6 July 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
14 July 2026	10:00 AM	Topic Tuesday: Financial Awareness	MS Teams	Click Here to Register
22 July 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
3 August 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
19 August 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
25 August 2026	10:00 AM	Topic Tuesday: Stress Awareness	MS Teams	Click Here to Register
8 September 2026	10:00 AM	Topic Tuesday: Work-Life Balance Awareness	MS Teams	Click Here to Register
21 September 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
30 September 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register

Month & Time	Virtual Event Title	Platform	Links	
5 October 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
13 October 2026	10:00 AM	Topic Tuesday: Stress Awareness	MS Teams	Click Here to Register
21 October 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
2 November 2026	10:00 AM	Manager Mondays: Managerial Info Session	MS Teams	Click Here to Register
12 November 2026	10:00 AM	Topic Thursday: Financial Awareness	MS Teams	Click Here to Register
18 November 2026	10:00 AM	Wellness Wednesday: Employee Info Session	MS Teams	Click Here to Register
1 December 2026	10:00 AM	Topic Tuesday: HIV/Aids Awareness	MS Teams	Click Here to Register

WEBINAR LINKS







Month & Time	Webinar Title	Platform	Caption	Links	Image	
7 January 2026	10:00 AM	Let's Padel	MS Teams	<p>Ever seen those glass courts and wondered what the hype is all about? Padel is officially one of the world's fastest-growing sports, and it's time to find out why!</p>	<p>Click Here</p> 	
15 January 2026	9:00 AM	Biohacking	MS Teams	<p>In this training we discuss what bio-hacking is and the different types of bio-hacking that exists. We discuss the relevance of bio-hacking in the 21st century and look at a real life example of how this can show up. We then look at how can you curate your personal biohacking plan with the resources available to you to make it personal. We then delve into the ethics around bio-hacking and how we need to be mindful of balancing innovation with responsibility and what to consider when wanting to start the journey.</p>	<p>Click Here</p>	
	3:00 PM		MS Teams		<p>Click Here</p>	
5 February 2026	10:00 AM	Movement Matters	MS Teams	<p>Movement Matters: Unlock the Simple Secret to Better Health. In our busy lives, exercise can feel like just another chore. But what if moving more is the key to unlocking more energy, less stress, and better overall health?</p>	<p>Click Here</p> 	
11 February 2026	8:00 AM	Navigating Chronic Illness	MS Teams	<p>Chronic illness is more than a physical condition, it can reshape identity, affect mental well-being, and place strain on relationships and work. People living with chronic conditions face a higher risk of depression, anxiety, and isolation, yet research also shows a strong capacity for resilience and growth.</p>	<p>Click Here</p>	
	5:00 PM		MS Teams		<p>Click Here</p>	
17 February 2026	9:00 AM	Rands, Romance and Reality: How money and relationships impact each other.	MS Teams	<p>Relationship status: new, committed, "it's complicated," or forever — money shows up either way. Practical ways to align money styles, manage joint accounts, shared spending, and achieve money goals together. Keeping peace and romance alive.</p>	<p>Click Here</p>	
	3:00 PM		MS Teams		<p>Click Here</p>	

Month & Time		Webinar Title	Platform	Caption	Links	Image
5 March 2026	9:00 AM	What is ergonomics and why does it matter?	MS Teams	The science of fitting the job to the person. Learn how applying ergonomic principles in physical, cognitive, and organisational domains helps reduce injuries (like MSDs), minimise fatigue, and directly leads to increased productivity and a positive return on investment.	Click Here	
	3:00 PM		MS Teams		Click Here	
10 March 2026	10:00 AM	You're only as healthy as your nervous system	MS Teams	The body's essential command centre for everything from movement and thought to heartbeat and stress response. Learn how maintaining a healthy nervous system is the cornerstone of overall well-being, and gain actionable steps with stress management techniques to optimise its function for a healthier, longer life.	Click Here	
25 March 2026	8:00 AM	Navigating the Emotional Terrain of Fertility struggles	MS Teams	Fertility struggles can have a profound impact on our wellbeing. These experiences are shaped not only by medical realities but also be the words, expectations, and pressures that surround them.	Click Here	
	5:00 PM		MS Teams		Click Here	
9 April 2026	10:00 AM	Avoiding back pain with manual handling	MS Teams	Learn to master safe lifting techniques and prevent costly injuries. The ergonomic principles are necessary to assess loads, maintain balance, and use leg muscles effectively, ensuring you reduce physical stress, eliminate awkward postures, and protect yourself from common MSK concerns.	Click Here	
14 April 2026	9:00 AM	Parenting with Confidence	MS Teams	Gain essential strategies for managing Parental Stress and Anxiety and fostering resilience. You will master Effective Communication with Children and learn to define and prioritise Self-Care as a Parent by creating a plan to boost your emotional and physical capacity.	Click Here	
	3:00 PM		MS Teams		Click Here	
7 May 2026	9:00 AM	Coaching for Thought Leaders	MS Teams	How to leverage Leader Self-Awareness—the key to unlocking team potential. Learn to assess your leadership style, enhance Emotional Intelligence (EQ), and apply self-awareness to inspire and empower your team members, ultimately fostering a crucial Growth Mindset across your organisation.	Click Here	
	3:00 PM		MS Teams		Click Here	

Month & Time		Webinar Title	Platform	Caption	Links	Image
12 May 2026	8:00 AM	Burnout: top risk drivers in a modern world	MS Teams	Around the world, many professionals are experiencing burnout a state of mental, emotional, and physical exhaustion that has a detrimental effect on our holistic wellbeing. The current context of the world today adds additional risk drivers.	Click Here	
	5:00 PM		MS Teams		Click Here	
18 May 2026	10:00 AM	Don't hold your breath: influence on muscle pain.	MS Teams	Join us to discover the vital link between compromised breathing patterns and muscle tension. Learn how shallow breathing activates the "fight-or-flight" response, contributing to chronic muscle pain in the neck and back. Gain practical breathing exercises to optimise your nervous system and reduce unnecessary muscle tension for long-term pain relief.	Click Here	
4 June 2026	10:00 AM	Data Devices and Millennials	MS Teams	Understand how this digitally native generation is redefining health and connection. Millennials are mobile-first, using their smartphones as the gateway for everything from social platforms to frictionless transactions.	Click Here	
			MS Teams			
10 June 2026	8:00 AM	Human Leadership: Power skills for Performance & Connection.	MS Teams	The most effective leaders prioritise performance and accountability with empathy and authenticity. Far from being "soft", these human-centered skills are essential for inspiring teams, building trust, and creating an environment where people can do their best work.	Click Here	
	5:00 PM		MS Teams		Click Here	
18 June 2026	9:00 AM	Gen to Gen- Get Smarter with Money	MS Teams	Gen Z, Y or X- do different generations have different money mindsets? Learn the top cross- gen money lessons to level up how you spend, save and reach your money goals faster.	Click Here	
	3:00 PM		MS Teams		Click Here	
2 July 2026	10:00 AM	Fit for purpose, fit for work: The industrial athlete	MS Teams	Drawing a direct parallel to the sports field, the Industrial Athlete requires specialised strength, conditioning, and agility to ensure peak job performance and maximise efficiency. Investing in this physical readiness and understanding key ergonomic principles is the key to minimising the risk of musculoskeletal injuries and ensuring optimum function.	Click Here	

Month & Time		Webinar Title	Platform	Caption	Links	Image
9 July 2026	9:00 AM	Seasonal Affective Disorder (SAD) and Beating the Winter/Summer Blues	MS Teams	Learn about a type of major depression that recurs seasonally, often linked to reduced sunlight disrupting your circadian rhythm and affecting mood regulators like serotonin and melatonin. Discover effective coping strategies.	Click Here	
	3:00 PM		MS Teams		Click Here	
15 July 2026	8:00 AM	Adolescent Mental Health	MS Teams	Adolescence is a time of change, growth and learning, posing many new challenges to both teens and parents. This workshop will provide parents with strong foundation to understand normative adolescent development and behaviours and when it is time to intervene and get help from a trained professional.	Click Here	
	5:00 PM		MS Teams		Click Here	
6 August 2026	10:00 AM	Elvis the Pelvis – (Men's Health)	MS Teams	Learn to encourage men to proactively prioritise their health, moving beyond just career focus. Men are often ill informed about the unique male gland, the size of a walnut, and the role it plays in their general health and well-being. Thus, in this talk we put the spotlight on the prostate and pelvic floor muscles to equip men to live pain free & healthy lives.	Click Here	
11 August 2026	8:00 AM	Redefining the new standard of Executive Wellbeing	MS Teams	Join Redefining the New Standard of Executive Wellbeing to ensure sustained peak performance.	Click Here	
	5:00 PM		MS Teams		Click Here	
2 September 2026	9:00 AM	Building the 'A' Team: A Blueprint for Organisational Excellence	MS Teams	Transform your high-potential group into a unified, resilient, and consistently high-performing team. This workshop is intended to move beyond generic team building exercises to provide a clear, actionable blueprint for diagnosing weak points, optimising communication, and establishing a culture of mutual accountability.	Click Here	
	3:00 PM		MS Teams		Click Here	
10 September 2026	8:00 AM	Suicide Awareness: Recognising experiences, starting Conversation	MS Teams	Talking about suicide can feel difficult, but open, informed conversations can make an impact. This session breaks down the common myths about suicide, explains what the research says about safe dialogue and explores some indicators and risk factors.	Click Here	
	5:00 PM		MS Teams		Click Here	

Month & Time	Webinar Title	Platform	Caption	Links	Image	
15 September 2026	10:00 AM	Beyond the Desk: Your Guide to Ergonomics and Movement at the Office	MS Teams	Stop letting prolonged, incorrect sitting steal your energy and cause muscle pain and discomfort. Get actionable strategies for your workstation setup and movement breaks to invest in your long-term health at the office.	Click Here	
1 October 2026	10:00 AM	Women and Bone Health	MS Teams	Understand why women are four times more likely to develop osteoporosis, a disease causing weak, fracture-prone bones. Learn the critical roles of calcium and Vitamin D and how the decline in estrogen during menopause accelerates bone loss. Discover actionable prevention strategies, including necessary dietary choices, supplements, and weight-bearing exercise to build and maintain bone mass.	Click Here	
9 October 2026	8:00 AM	Anxiety in an Uncertain World	MS Teams	Anxiety is a normal human response, but in today's world of constant news cycles, global crises, and rapid change, it can easily intensify. This session explores how the state of the world feeds into our stress response, why some anxiety can be helpful while too much becomes overwhelming.	Click Here	
	5:00 PM		MS Teams		Click Here	
15 October 2026	8:00 AM	Domestic and Intergenerational Abuse and the impact on mental health	MS Teams	Abuse, whether between partner, across generations, or toward elders, affects far more than immediate safety, it may leave lasting psychological scars that impact relationships, identity and overall mental health.	Click Here	
	5:00 PM		MS Teams		Click Here	
19 October 2026	9:00 AM	Know the game before you play. Gambling & Gaming	MS Teams	Online betting can drain your wallet and bank account in minutes. While the win may feel good, the high is short lived, and the money stress sticks around. Unpack the real risks, warning signs, and support, so you can choose lasting financial wellbeing over a short term payout.	Click Here	
	3:00 PM		MS Teams		Click Here	
5 November 2026	9:00 AM	Reclaiming Ubuntu: The Power of Human Connection in Modern Life	MS Teams	Our emotions, identity and sense of belonging are shaped by the people and environments we live in. Ubuntu reminds us that we exist through one another. When connection weakens, our wellness weakens too. Through practical tools and meaningful reflection, we will discover how empathy, belonging and shared humanity can restore resilience, build stronger relationships and support the collective wellbeing of our workplaces, families and communities.	Click Here	
	3:00 PM		MS Teams		Click Here	

Month & Time	Webinar Title	Platform	Caption	Links	Image	
10 November 2026	10:00 AM	The Digital Age of Parenting	MS Teams	Navigate the challenges and opportunities of raising children in an interconnected world. We will explore how to manage family digital use and screen time while reinforcing core parental skills like emotional regulation and fostering resilience in both parents and children, ensuring families thrive in the digital era.	Click Here	
26 November 2026	8:00 AM	"The Story": Approaching Life's changes in ways that support Mental Health	MS Teams	This talk is about life's changes, the kind we choose, the kind we don't, and the kind that slowly reshapes us over time. Its about how career shifts, becoming an empty nester, or retiring can shake our sense of identity, stability, and purpose.	Click Here	
	5:00 PM		MS Teams		Click Here	
3 December 2026	9:00 AM	International Day of Disabilities	MS Teams	Join us on International Day of Persons with Disabilities to explore how truly disability inclusive societies are the key to unlocking broader social progress and economic growth.	Click Here	
	3:00 PM		MS Teams		Click Here	
8 December 2026	10:00 AM	Beyond the Pain: The Mental Impact of Muscle Pain	MS Teams	The link between muscle pain and mental health is powerful and cyclical - stress and anxiety initiate a physiological cascade leading directly to debilitating muscle tension and pain, which in turn severely impacts your mental wellbeing.	Click Here	

CONTENT THEMES



All articles are accessible via Mercury.

Monthly Wellbeing Themes 2026

We're excited to present our 2026 monthly wellbeing calendar, designed to help you champion your employees' health and happiness. Each month features a timely theme, with fresh articles, toolkits, videos, calendars, posters, and more to support your internal campaigns. You can find these new materials available for download in the Mercury platform and on the Lyra Wellbeing Hub, making it simple to remind your team of the valuable Lyra benefit available to them.

Month	Theme	Summary
January	Know Your Normal: What a Healthy Body Means to You	A new year marks an important time to reflect on our health and wellbeing. Learn to better understand your body and how to attune to its unique needs for a happy, healthy start to 2026.
February	Protection and Prevention: Reducing the Risk of Cancer	February 4th marks World Cancer Day. With cancer remaining one of the most prevalent illnesses worldwide, this month we'll be providing materials designed to support the prevention and early detection of cancer.
March	Building Resilience to Cope with Change	The last few years have been an intense period of change for many people around the globe. Finding ways to develop your resilience and flexibility in the face of a changing world is vital for success in 2026.
April	Connect & Protect: Building Safety for Your Family	Creating a sense of safety is essential for every family member to thrive. From digital and online safeguarding to building psychologically safe spaces, our resources are here to help.
May	Maintaining Your Identity in a Changing World	In the face of change that feels beyond our control, many of us struggle with readjusting our personal identity to fit within our new reality. From job changes, to new technology, to major life events, we're here to help you keep hold of your sense of self.
June	Level Up Your Leadership Skills	Working as an effective leader requires ongoing development and growth throughout your career. Discover new ways to build your leadership skills with our handy resources.
July	Navigating Big Life Events	From births, to break-ups, to bereavements, regular life is full of impactful moments. Uncover new skills to make adapting to these moments feel a little less daunting.
August	Kickstart Your Creative Problem-solving	Empower your teams to unlock their full creative potential by reframing challenges as opportunities, and break free from conventional thinking to confidently generate fresh, effective solutions.
September	Building a Healthy Heart	To mark World Heart Day on September 29th, this month's campaign will focus on actionable advice to help your team support their cardiovascular health.
October	Burnout: How to Recharge When Life Keeps Happening	Demand for solutions to feelings of burnout and overwhelm continues to grow around the world. For World Mental Health Day on October 10th, and throughout the month, we'll be providing your teams with effective ways to tackle burnout in the face of ongoing stress and pressure.
November	Creating and Nurturing Healthy Relationships	Every relationship - be it with a friend, a family member, a colleague or a partner - requires ongoing care and development in order to thrive. Learn more about how to build and grow your relationships with our new, easy-to-follow materials.
December	Cultivating Community, Conquering Loneliness	Millions of people around the world struggle with feelings of loneliness and isolation. Find new ways to reach out and connect to those around you, and learn how to celebrate moments of solitude.

MONEY FIX FOR 2026



01

January: Make your money work for you in 2026

Quick Money Fix: Reset your Money Mindset. Count Your Cash Know what money is coming in and what must go out. If you can see it, you can control it.

02

February: A Budget for every life stage

Quick Money Fix: Need, Want or Wish. One Small Cut. Choose one thing to spend a little less on this month. A small change makes a big difference over time.

03

March: Credit Check-Up: Know Your Score

Quick Money Fix: Stay Sharp. Check Your Credit Report. It is free. It is yours

04

April: Find Your Financial Freedom

Quick Money Fix: Cash Over Credit. If you can't buy it cash, think twice. Avoid debt traps.

05

May: Spotting Money Myths and Making Smarter Choices

Quick Money Fix: Track your spending for 1 week, choose 3 skippable purchases and redirect those funds into savings

06

June: Goal Getter Month.

Quick Money Fix: Your Money Goal. Say it. Write it. Go for it. Start with - I want to.... buy a home, a car...

07

July: Start to Save

Quick Money Fix: Save Your Change. Put all your loose coins or R5s in one place. Small savings add up quickly. Save before you spend. Tax free Saving Solutions

08

August: Money with Meaning

Quick Money Fix: Give yourself a high five! Every week, check your money progress and pat yourself on the back." Winning motivates you to keep going

09

September: Protect what matters

Quick Money Fix: Funeral cover pays for the funeral. A will protects your family after.

10

October: Think about your Future

Quick Money Fix: How many pay checks do you have until retirement? Putting R50 extra into retirement fund makes a difference

11

November: Real Deal or No Deal

Quick Money Fix: Compare Before You Buy. Check at least two prices before spending. Don't let Black Friday specials trick you.

12

December: Money Habits for the Holidays

Quick Money Fix: Enjoy December. But still survive January. Good Vibes mean Great Money Choices

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