



Your SafeTea breaks calendar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT SUN

2 - Public Holiday <u>Under the Rug at Work</u> podcast with <u>Saranne Segal - Power Plays</u>	3	4	5	6 10 minute tea break <u>Guided Wim Hof Method Breathing</u>	7	8
9	10 1.30pm SafeTea break free webinar <u>7 ways to Prevent Psychological Harm with Dr Donna Stemmer</u>	11 5.30pm SafeTea break free webinar <u>7 ways to Protect Yourself from Bullying with Dr Donna Stemmer</u>	12	13 20 minute tea break <u>EFT/ Tapping with Christine Martin</u>	14	15
16 <u>Under the Rug at Work</u> podcast with <u>Alanna Ball - Mums are sidelined</u>	17	18 12.30pm SafeTea break free webinar <u>7 ways to resolve conflict with Saranne Segal</u>	19	20 15 minute tea break <u>Mindfulness with Rachael Kable</u>	21	22
23	24	25	26	27	28	29
Join us at the World First Lived Experience Summit						