

calm fest

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Join us for a week long festival of events, activities and challenges during Mental Health Awareness Week, raising funds for Mind.

Sign up your organisation or team and people will have unlimited access to all events, challenges and competitions with the option to make a voluntary donation to Mind

Book your sessions between
7th and 25th April

12th - 16th May

We'll be hosting sessions on everything from sleep to back pain, nutrition to neurodiversity.
(Including daily 1% CALMer challenges)

Monday
12th May

Tuesday
13th May

Wednesday
14th May

Thursday
15th May

Friday
16th May

9.30am

Why the gut is the second brain with Gut Health and Nutrition Expert, Karen Newby

9.30am

Managing your menopause mind with My Menopause Centre

9.30am

How we can all build neuroinclusive workplaces: with Jenna Ide, Partner, Thomas Mansfield

9.30am

Managing money anxieties with Financial Education Specialist, Matt Cullen

9.30am

Support for better sleep with The Sleep Charity

12.45pm

CALM Leader masterclass - Connect with me - with Sarah Markham and special guest

12.45pm

CALM Leader masterclass - All of Me Matters - with Sarah Markham and special guest

12.45pm

CALM Leader masterclass - Let Me Rest - with Sarah Markham and special guest

12.45pm

CALM Leader masterclass - Motivate Me - with Sarah Markham and special guest

12.45pm

1% CALMer ideas and inspiration - CALMfest community

4.30pm

Reset with some chair based pilates with Pilates At Your Desk

4.30pm

How breathwork can improve your focus with Kevin O'Neill from Breatheolution

4.30pm

Stretch and relax with yoga for all levels with The Breathing Space

4.30pm

Feed your brain - cook along with clinical nutritionist Eva Humphries



All sessions are
30 minutes on Teams

Contact hello@calminabox.co.uk for more details.

www.calminabox.co.uk/events

Calm In A Box

All events will be booked and accessed via the CALM hub and we can send session links/details directly to your employees' inbox.

CALMFEST 2023 FEEDBACK

Over 3000 sessions booked with people taking part from across 27 organisations

Net promoter score of +59

80% feeling 1% CALMer as a result of taking part in CALMfest

'Brilliant - such good information and easy to adapt to your context'

'The presenters have been wonderful'