



21 Day Psychosocial and Managerial Support Campaign



Making a Difference

Day 1

Launch 21 day Making a Difference Campaign

Day 2

Weekend Reflection

Day 3

Weekend Reflection

Day 4

Understanding COVID-19

Day 5

Launch of virtual tools and coping during the lockdown

Day 6

Surviving working from home

Day 7

Managing your debt through difficult times

Day 8

Focus on hygiene

Day 9

Healthy Teams: Focusing on the whole person

Day 10

Maintaining connection in a time of social distancing

Day 11

Managing your finances if your income is affected

Day 12

World Health Day

Day 13

Maintaining a healthy life for you and your family

Day 14

How to help teams transition to remote working - home life balance

Day 15

Mental and Physical Health and Coronavirus

Day 16

Making cents of the lockdown faced with retrenchment

Day 17

Appreciation
Appreciating your family and our essential workers

Day 18

Different ways of working

Day 19

Maintaining positivity and perspective in challenging times

Day 20

How to manage your money and make smart choices

Day 21

Getting winter ready and returning to work