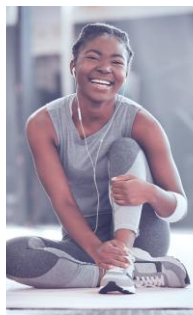




Altius Wellbeing Webinar Calendar 2026

Our wellbeing webinars, presented by experienced professionals, provide participants with practical tools to enhance their holistic wellbeing and happiness. Engaging in this program enables organisations to cultivate a positive, productive, and wellbeing-oriented workplace environment for all team members.



Energise Your Life: The Dynamic Duo of Sleep and Exercise

Thursday, 5 February 2026
2:00pm AEDT / 11:00am AWST

PAID



International Women's Day

Balancing the Load: Wellbeing, Equality and Thriving Together

Thursday, 12 March 2026
2:00pm AEDT / 11:00am AWST

FREE



Next-Level Finance: Practical Steps to Grow Your Wealth

Thursday, 7 May 2026
2:00pm AEST / 12:00pm AWST

PAID



Men's Health Week

Beyond Tough: Men's Wellbeing in Focus

Thursday, 11 June 2026
2:00pm AEST / 12:00pm AWST

FREE



Breathe Easier: Practical Ways to Manage Stress and Anxiety

Thursday, 23 July 2026
2:00pm AEST / 12:00pm AWST

PAID



R U OK? Day

Depression Awareness: Managing Depression with Confidence

Thursday, 10 September 2026
2:00pm AEST / 12:00pm AWST

FREE



Say It So It Lands: Communicating Clearly in Tough Moments

Thursday, 22 October 2026
2:00pm AEDT / 11:00am AWST

PAID



Navigating AI: Prioritising Wellbeing in the Digital Age

Thursday, 3 December 2026
2:00pm AEDT / 11:00am AWST

FREE

January

- 4 January | World Braille Day
- 24 January | International Day of Education

February

- 4 February | World Cancer Day
- 13 February – 1 March | Mardi Gras Festival

March

- 8 March | International Women's Day
- 18-24 March | Neurodiversity Celebration Week
- 20 March | International Day of Happiness

April

- 2 April | World Autism Awareness Day
- 7 April | World Health Day
- 25 April | ANZAC Day
- 28 April | World Day for Safety and Health at Work
- Flu Vaccination Season

May

- Exercise Right Month
- 17 May | International Day Against Homophobia, Biphobia and Transphobia
- 27 May - 3 June | National Reconciliation Week
- Flu Vaccination Season

June

- Pride Month
- 5 June | World Environment Day
- 9-15 June | Men's Health Week
- 24-30 | June World Wellbeing Week

July

- Eye Health Awareness Month
- 5-12 July | NAIDOC Week

August

- Tradies National Health Month
- 9 August | International Day of the World's Indigenous People
- 28 August | Wear It Purple Day

September

- 7-11 September | Women's Health Week
- 10 September | World Suicide Prevention Day
- 10 September | R U OK? Day

October

- Mental Health Month
- National Safe Work Month
- 10 October | World Mental Health Day
- 27 October | World Occupational Therapy Day

November

- 3-7 November | Inclusion at Work Week
- 11 November | Remembrance Day
- 13 November | World Kindness Day
- 19 November | International Men's Day
- 25 November | International Day for the Elimination of Violence against Women

December

- 3 December | International Day of Persons with Disabilities

Paid webinars are \$925 ex. GST.
Contact us on
webinars@altius-group.com.au
for more information.

P: 1800 258 487
W: www.altius.au



Webinar Date / Time	Description	Paid/Free	Click to Register
Energise Your Life: The Dynamic Duo of Sleep and Exercise Thursday, 5 February 2026 2:00pm AEDT / 11:00am AWST	Researchers have uncovered the profound impact of restorative sleep on both physical and mental wellbeing. This exciting session reveals how a well-structured exercise regimen can significantly enhance your sleep quality and boost your overall vitality. We'll tackle common concerns about optimising energy levels and share effective habit-building strategies for lasting success. Dive into the fascinating link between exercise and your circadian cycle, and learn how to achieve better, more rejuvenating sleep. Join us to discover the synergy of sleep and exercise and energise your life!	PAID	REGISTER HERE
International Women's Day Balancing the Load: Wellbeing, Equality and Thriving Together Thursday, 12 March 2026 2:00pm AEDT / 11:00am AWST	International Women’s Day is a chance to pause and reflect on the ways life’s responsibilities are carried — and how that impacts our wellbeing. The “mental load” of managing work, family, relationships, and caring roles often falls unevenly, and the stress that comes with this can affect health, happiness, and balance in everyday life. This session is designed to spark practical conversations and equip you with strategies to: • Recognise the “mental load” and how it affects stress and wellbeing • Share responsibilities more evenly at home and in relationships • Build healthier routines that support balance and reduce burnout • Support one another — regardless of gender — in creating a more equal share of life's load This isn't just a conversation for women. Everyone, including men, has a part to play in creating balance. By coming together, we can learn how to share responsibilities, support each other’s wellbeing, and create a fairer, healthier life for all.	FREE	REGISTER HERE
Next-Level Finance: Practical Steps to Grow Your Wealth Thursday, 7 May 2026 2:00pm AEST / 12:00pm AWST	Join Tony Caine from Grow Wealth Solutions for a practical and engaging session designed to take your financial know-how beyond the basics. Building on the fundamentals of budgeting, Tony will share smart, easy-to-implement strategies to help you grow your savings, prepare for life’s curveballs, and create a clear path toward long-term security. Whether you’re looking to boost your financial confidence, reduce stress, or make more informed decisions with your money, this session will equip you with actionable steps you can start using straight away.	PAID	REGISTER HERE
Men's Health Week Beyond Tough: Men's Wellbeing in Focus Thursday, 11 June 2026 2:00pm AEST / 12:00pm AWST	Men's Health Week is celebrated around the world every year in June. It is an opportunity to shine a spotlight on men's health and to talk about how they can live happier, healthier lives. It is a special week where men and boys are encouraged to prioritise their health and wellbeing. For the rest of their lives. For too long, men's health has been framed around “toughing it out.” But real strength comes from looking after both body and mind. This session for Men’s Health Week opens up an honest conversation about men’s wellbeing—exploring the pressures men face, the warning signs we often overlook, and practical ways to care for ourselves and each other. You'll gain insights into physical and mental health strategies that make a real difference, from recognising early health signals to building healthy habits that last. Importantly, we'll look at how mateship, connection, and asking for support can help men live healthier, more balanced lives. This webinar is for everyone—men, women, colleagues, family, and friends—because improving men's health is something we all play a part in.	FREE	REGISTER HERE
Breathe Easier: Practical Ways to Manage Stress and Anxiety Thursday, 23 July 2026 2:00pm AEST / 12:00pm AWST	When life feels overwhelming, even small steps can make a big difference. In this session, you'll learn straightforward, research-backed techniques for reducing stress, easing anxiety, and improving daily focus. Whether you’re managing your own pressures or supporting someone else, you'll leave with clear, practical ways to bring more calm into the everyday.	PAID	REGISTER HERE
R U OK? Day Depression Awareness: Managing Depression with Confidence Thursday, 10 September 2026 2:00pm AEST / 12:00pm AWST	R U OK? is a public health promotion charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives. Mental Health can be a challenge when you feel lost and alone in your journey, whether supporting a loved one, or managing your own mental health. One in five Australians will experience depression at some point in their lives. Gain insights into the intricate brain processes linked to depression and acquire vital skills for fighting stigmas and fostering open, empathetic conversations when you join this webinar. Explore effective coping strategies and self-care techniques to help people with depression on their path to recovery, while delving into a variety of treatment options, including therapy, medication, and lifestyle adjustments. Plus, learn how to be a constant source of support for loved ones who are struggling with depression.	FREE	REGISTER HERE
Say It So It Lands: Communicating Clearly in Tough Moments Thursday, 22 October 2026 2:00pm AEDT / 11:00am AWST	Every relationship has its tough conversations—whether with a partner, family member, or friend. But these moments don't have to turn into conflict. In this practical session, you'll learn how to express yourself openly, listen with care, and keep discussions constructive even when emotions are running high. You'll walk away with simple strategies to stay calm, manage your reactions, and approach conversations in ways that build trust, respect, and deeper connection.	PAID	REGISTER HERE
Navigating AI: Prioritising Wellbeing in the Digital Age Thursday, 3 December 2026 2:00pm AEDT / 11:00am AWST	The integration of AI technologies is reshaping workplaces, sparking innovation and efficiency. However, these advancements bring with them certain challenges—ranging from technology fatigue and heightened workplace stress to feelings of uncertainty for employees adjusting to rapid changes. This training session focuses on exploring the transformative role of AI while emphasising proactive measures to prioritise staff wellbeing. Participants will learn strategies to manage technology fatigue, reduce workplace stress, and foster a supportive environment that promotes mental health and resilience.	FREE	REGISTER HERE



Contact us on
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for more information.

P: 1800 258 487
W: www.altius.au



FAQ

How do I register my team for a Webinar?

Please note that for all our webinars, each attendee must register individually, as **each individual receives a Zoom link that is unique to them.**

Here's what happens when you register your team for a webinar:

STEP 1

Organisation registers for the webinar through any of these options:

1. Events Page
2. Annual webinar subscription of the organisation

STEP 2

Organisation's nominated contact will receive an email confirmation that contains:

1. Webinar content and schedule
2. Link to the Zoom Webinar Registration page

STEP 3

Organisation informs its members about the webinar by any of the following:

1. Forwarding the webinar email to its members for each member to register for the webinar
2. Posting the webinar details on the company intranet or AltiusLife
3. Promoting the webinar internally as you see fit

Is there a limit on how many people I can register from my organisation?

Please note that there are a maximum of 500 registrations per organisation.

What technology do I need to access your webinars?

You will need access to an internet browser and be able to access Zoom. You do not need to have a Zoom account. At times, if there are a large number of attendees, you may require access to YouTube to view the webinar via a YouTube Live Stream.

Can't access Zoom? You won't be able to join the Altius Wellbeing Webinar Series, but we're happy to provide a parallel webinar series for your organisation on another platform*.

How long do the Wellbeing Webinars go for?

Each of our Altius Wellbeing Webinars run for approximately one hour, with 50-55 minutes presentation time, and 5-10 minutes question and answer time. If you need to leave early, or miss the start, please don't worry! You'll receive a link to the replay video around 24 hours after the webinar, directly from Zoom.

I've registered for the webinar, but I'm double booked! Can I get a recording?

All registered participants will receive a link to the replay video. This will be sent directly from Zoom to your registered email around 24 hours after the webinar.

Keep an eye out for it in your Inbox, and if you're running a Focus Inbox, keep an eye out in your 'Other' folder. The recording is available for three months from the webinar date, and registration is required for access.

Can I get a copy of the slides?

While we appreciate that you might love the content of our webinars, unfortunately we can't share the slide deck with you, as it's our Intellectual Property. To ensure you get the most out of the session, we recommend you're set up to take notes during the webinar!

Can I get a Certificate of Attendance?

Unfortunately due to the huge number of attendees at our Wellbeing Webinars, we don't provide Certificates of Attendance.

*Regular training charges apply