

# Validium Promotional Guide 2017



This annual promotional guide for 2017 reflects Validium's specialisms around psychological health and wellbeing. Topics may change to address any relevant situations as they arise. National and International awareness days are highlighted in the new vClub calendar.

## JANUARY

Money & Debt blog

What would you tell your younger self?  
Getting more done in your day!  
Goal setting  
How could you make your life more meaningful?  
Did you Know?

## JULY

Money & Debt blog

Coping with change  
Do you have charisma?  
Organisational citizenship behaviours  
I feel I am alone  
Did you Know?

## FEBRUARY

Money & Debt blog

How can I stop jealousy affecting my relationships?  
Developing good habits at work  
Understanding others  
Clear the clutter!  
Did you Know?

## AUGUST

Money & Debt blog

Caring for yourself when caring for others  
Mindfulness ways to find calm  
Are your hormones ruling your life?  
Compromising to win  
Did you Know?

## MARCH

Money & Debt blog

Introduction to relaxation techniques  
How can I stop unconscious bias?  
Does personality affect work performance?  
Being authentic  
Did you Know?

## SEPTEMBER

Money & Debt blog

How to increase self-esteem  
Are you bringing personal issues into the workplace?  
Stop talking, start doing!  
Reaching your potential  
Did you Know?

## APRIL

Money & Debt blog

How can I be a better parent?  
Managing the negative inner voice  
Building a good support network  
Do you keep making the same mistakes?  
Did you Know?

## OCTOBER

Money & Debt blog

Can you move out of your comfort zone?  
Bouncing back from setbacks  
How do I work with someone I don't like?  
How to shine within a group  
Did you Know?

## MAY

Money & Debt blog

Do you sometimes feel overwhelmed?  
Making time for what you enjoy  
What is the best way to learn?  
How to get the career you want  
Did you Know?

## NOVEMBER

Money & Debt blog

Do I have Seasonal Affective Disorder?  
Is multi-tasking the best way to work?  
Life after trauma  
What are you good at?  
Did you Know?

## JUNE

Money & Debt blog

Homeworking – make it work for you  
How do I cope with feelings of anxiety?  
Good enough is good enough  
Are you compassionate?  
Did you know?

## DECEMBER

Money & Debt blog

Finding time to reflect  
Are there healthy addictions?  
Don't try to be superhuman!  
When is it okay to say No?  
Did you Know?