



Diversity Calendar Resources for October 2024

Canada's Healthy Workplace Month: October 2024

Employees are encouraged to take the Better Workplace Pledge to create a positive environment for themselves, their colleagues, and their organization. Suggested actions include:

- Enhancing physical well-being
- Boosting psychological well-being
- Fostering social well-being
- Supporting community well-being

We are invited to focus each week on a particular element that promotes a healthy workplace:

Week 1: The Importance of Social Connections

Week 2: Sleep Better, Live Better, Work Better

Week 3: The Proven Positives of Positivity

Week 4: Strengthening Resilience



Read more: <https://healthyworkplacemonth.ca/>

Workplace Bullying Awareness: October 13-19, 2024

This marks the 13th Annual International Workplace Bullying Awareness Week. The Canadian Institute of Workplace Bullying will host a free 90-minute online conference on October 16, 2024 featuring speakers from the UK, Nigeria, Ireland, and Canada, addressing topics like neurodiversity, ageism, ableism, and racism. For more details, visit the [Canadian Institute of Workplace Bullying Resources website](#).

Women's History Month: October 2024

This year's theme, "Women at Work: Economic Growth Past, Present and Future", highlights the significant contributions women have made to the workforce throughout history, and the critical role they continue to play in driving economic innovation and progress which has benefited Canada as a whole.



Check out [Women in Canadian History: A Timeline](#) which highlights women's roles as agents of change.

For more information, visit the [Government of Canada website](#).