

CSR CALENDAR 2024

MAY

MENTAL HEALTH WEEK

May 1, 2024 → May 7, 2024

NATIONAL SPORT AND PHYSICAL ACTIVITY DAY

May 2, 2024

WORLD PRESS FREEDOM DAY

May 3, 2024

INTERNATIONAL DAY OF FAMILIES

May 15, 2024

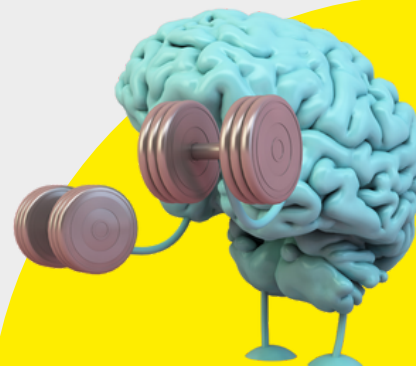
INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA AND BIPHOBIA

May 17, 2024

MENTAL HEALTH WEEK

May 1, 2024 → May 7, 2024

Mental health is defined as a person's state of psychological balance and well-being at any given time. Being mentally healthy allows us to reach our full potential, cope with the normal stresses of life and contribute to our community. Protecting and maintaining our mental health is perhaps the greatest challenge of our modern societies.



THROUGH AN AWARENESS CONFERENCE, A TRAINING SESSION ALLOWING YOU TO BECOME AN ALLY OF A PERSON IN DIFFICULTY, OR THE DEVELOPMENT OF A SUPPORT PROGRAM FOR YOUR TEAMS, OUR SPEAKERS ARE AT YOUR DISPOSAL:

CONFERENCES:



CARL HONORÉ

FINDING YOUR INNER TORTOISE AND ITS BENEFITS ON MENTAL HEALTH



MÉLISSA CANSELIET

BALANCE IN THE HYPERCONNECTED ERA: MANAGING YOUR DIGITAL WELL-BEING



JULIAN GIACOMELLI

EMBODIED LEADERSHIP - GIVE LIFE TO YOUR PERSON IN ITS GLOBALITY



SARAH BRISSON-LEGAULT

THE ART OF 'TOGETHERNESS': ELEVATING PERFORMANCE



KAROLINA WISNIEWSKA

REACHING BEYOND SUMMITS: DRAWING INSPIRATION FROM PARALYMPIC EXCELLENCE FOR DAILY PERFORMANCE



SYLVIA BRÉGER

DEALING WITH A TOXIC PERSONALITY - PSYCHOPATHS IN SUITS AND TIES



STÉPHANE GRENIER

MENTAL HEALTH IN THE WORKPLACE - A
NEW WAY TO TACKLE AN OLD PROBLEM
HUMANIZATION OF CARE: EMPLOYEE WELL-
BEING IS KEY



YAN MARTIN

WHY WE SHOULD ALL GET NAKED: THE
POWER OF REVEALING YOUR TRUE SELF
AND THE MAGIC OF STEPPING OUTSIDE
YOUR COMFORT ZONE

EXPERIENCES:



CATH LAPORTE

EXPERIENTIAL LAB | IMMERSIVE WELLNESS
EXPERIENCES



CYNDI MARTIN

CONFERENCE-EXPERIENCE | FIND BALANCE
IN A CHANGING WORLD

NATIONAL SPORT AND PHYSICAL ACTIVITY DAY

May 2, 2024

National Sport and Physical Activity Day (NSAPD) invites the public to discover or rediscover the joy of movement, sport and physical activity of all kinds and in all places.



(RE)DISCOVER THE IMPORTANCE OF REGULAR PHYSICAL ACTIVITY AND ITS BENEFITS ON PHYSICAL AND MENTAL HEALTH WITH OUR SELECTION OF CONFERENCES AND WORKSHOPS!

CONFERENCES:



AXEL ALLETRU

NO HARD FEELINGS LIFE: STORY OF A PARAPLEGIC CHAMPION



CHARLES LAPIERRE

CULTIVATING AN INCLUSIVE POSTURE TOWARDS INVISIBLE DISABILITIES?



KAROLINA WISNIEWSKA

REACHING NEW HEIGHTS: DRAWING INSPIRATION FROM PARALYMPIC EXCELLENCE TO PERFORM DAILY



SARAH BRISSON-LEGAULT

NAVIGATING ADVERSITY: STRATEGIES OR TOOLS TO CULTIVATE RESILIENCE, LEARN FROM MISTAKES, AND EVOLVE WITH SELF-COMPASSION



SHAWN SUKHRAJ JOHAL

LEADERSHIP LESSONS: FROM A NATIONAL CHAMPIONSHIP TO BUILDING A WORLD-CLASS CULTURE



BRUNY SURIN

SPORTS: MOVING IS HEALTHY



CYNDI MARTIN

TEAM BUILDING: TAKE OFF AS A TEAM ON ON FOUR WHEELS

WORLD PRESS FREEDOM DAY

May 3, 2024

May 3rd serves as a reminder to governments of the need to respect their commitment to press freedom and is also a day of reflection for media professionals on issues of press freedom and professional ethics.



DISCOVER OUR SELECTION OF EXPERTS ON THIS SUBJECT:

CONFERENCE:



EMILIE NICOLAS

STATE OF PRESS FREEDOM IN THE WORLD

INTERVENTION - EXPERTISE, PANEL OR INTERVIEW:



MATTHIEU DUGAL



SANDRINE RASTELLO

INTERNATIONAL DAY OF FAMILIES

May 15, 2024

Proclaimed by the United Nations General Assembly in its resolution of September 20, 1993, this day is an event that reflects the importance that the international community attaches to the family as the basic unit of society, as well as its interest in the situation of families in the world.



AN OPPORTUNITY TO EDUCATE YOUR EMPLOYEES ON WORK-LIFE BALANCE ISSUES:

CONFERENCES:



AURÉLIE SAUTHIER

COMBINE AMBITION AND FAMILY LIFE:
ENTREPRENEURS AND PARENTS WITH TWINS



STÉPHANE GRENIER

MENTAL HEALTH: EVERYONE'S BUSINESS



CARL HONORÉ

SLOW PARENTING: RAISING CHILDREN IN A
FAST WORLD



YAN MARTIN

MENTAL HEALTH AS A PARENT: AN INSIGHT
INTO THE POWER OF VULNERABILITY AND
THE MAGIC OF STEPPING OUT OF YOUR
COMFORT ZONE



SHAWN SUKHRAJ JOHAL

THE TOP 10 TIPS TO MASTERING THE ART OF
CRUCIAL CONVERSATIONS

MINI-CONFERENCE OR PANEL:



BRUNY SURIN

FROM FATHER TO DAUGHTER: THE PURSUIT
OF THE OLYMPIC DREAM - IN DUET WITH
KATHERINE SURIN

MINI-CONFERENCE OR INTERVIEW:



SYLVIA BRÉGER

A CRIMINOLOGIST'S VIEW OF CHILD
PROTECTION

ATELIER:



SOPHIE REIS

PREPARING YOUR TRIP WITH A BABY
AND CHILD

INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA AND BIPHOBIA

May 17, 2024

The World Day Against Homophobia, Transphobia and Biphobia is a global day celebrated on May 17th, while there is still much education to be done about unconscious bias and prejudice.



LET'S WORK TOGETHER TO GIVE YOUR TEAMS THE POWER TO
SPOT THEM TO BETTER STOP THEM:

CONFERENCES:



BÉATRICE ROBICHAUD

TRANS | COMING-OUT : A MATTER OF SURVIVAL



CHRIS BERGERON

LOSING MY PRIVILEGES: WHAT BECOMING A
VISIBLE MINORITY TAUGHT ME ABOUT LEADERSHIP



DEBORAH CHERENFANT

ADDRESSING PREJUDICE TO BETTER CONFRONT IT
RAISING AWARENESS ON CONSCIOUS AND
UNCONSCIOUS BIAS, MICROAGGRESSION AND
THEIR IMPACT ON OUR INCLUSIVENESS AND WORK
ENVIRONMENT



MICHELLE GERRIOR

ELLESTRANSEX ;THE DAY AFTER



**ORGANIZE CONVERSATIONS WITH OUR
EXPERTS ON THE SUBJECT, AND/OR LET
OUR TALENTS ANIMATE YOUR
EXCHANGES ON THIS THEME DURING A
PODCAST, AN INTERVIEW OR A PANEL.**



YOU WANT TO KNOW MORE AND SHARE YOUR THOUGHTS WITH US?

Book a meeting with our team who will be happy to develop a customized program designed to meet your needs.

[Book a moment](#)



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