

2026 Engagement Calendar

Note: All themes and topics are tentative and subject to change. Intellect will monitor user and client behaviours and requests and tailor content to their needs accordingly. Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu.

Monthly Campaigns based on topical themes

Building Strong Foundations and Connections		
January	February	March
Better Habits <i>New Year (1st)</i> Shift from resolutions to micro-routines: simple habit stacks that stick	The Power of Connection <i>Valentine's Day (14th)</i> Discover why belonging matters, and how connection makes it possible	Pause & Recharge <i>Women's Day (8th)</i> <i>World Sleep Day (15th)</i> Reframe rest as essential; spotlight women's health and recovery
Prioritising Care and Awareness		
April	May	June
Preventive Care <i>World Health Day (7th)</i> <i>Stress Awareness Month</i> Create systems of care that prioritise prevention over intervention	Conversations with Purpose <i>Mental Health Awareness Month</i> <i>Women's Health Month</i> Move beyond token gestures to intentional conversations that reflect real needs	Strength in Balance <i>Men's Health Month</i> Balance performance, health, and emotional resilience
Empowering Productivity and Growth		
July	August	September
Sustainable Productivity <i>International Self Care Day (24th)</i> Cultivate productivity that is in harmony with one's pace and nourishes wellbeing	Joy of the Inner Child <i>International Youth Day (12th)</i> Discover how reconnecting with creativity and curiosity supports overall wellbeing	Personal Safety Net <i>National Suicide Prevention Month</i> Build coping strategies, hope, and support systems
Reflecting and Renewing		
October	November	December
Foundations of Mental Wellbeing <i>World Mental Health Day (10th)</i> Reinforce the fundamentals of wellbeing: inclusive, proactive, and built into everyday life	Life with Meaning <i>International Men's Day (19th)</i> Find clarity and meaning in different stages of life	Beyond Comparison <i>New Year's Eve (31st)</i> Reflect and wrap up the year with focus on the self for sustainable growth

Quarterly Campaigns on Intellect tools

Q1
Intellect's Learning Paths Level up mental wellbeing skills to navigate the rest of the year with confidence
Q2
Intellect's Assessments & Rescue Sessions Discover immediate and effective relief for when it is most needed
Q3
Intellect's Meditations & Audio Guides Reconnect and unwind to cultivate mindfulness
Q4
Intellect's Journals Track and manage thoughts for better clarity and personal reflection