



## EVENT WELLBEING WEEK: FRIDAY 27 JUNE

### Event Wellbeing Week – Day 5

#### The Future Is Rested

##### Tagline:

Let's imagine (and build) a world where wellbeing isn't a bolt-on.

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##### Why This Matters:

Event culture has glorified burnout for far too long. “Busy” has been worn like a badge. But the truth is, **exhaustion doesn't equal excellence**. If we want a future that's innovative, inclusive, and impactful, we have to build it on a foundation of wellbeing, not depletion.

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##### Top Tips for Event Professionals

- ✓ Honour your rest as much as your output
  - ✓ Build in recovery time after intense delivery periods
  - ✓ Don't apologise for needing space
  - ✓ Normalise rest as part of your process — not a reward for finishing it
  - ✓ Share practices that help you regulate and recharge (others need them too)
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##### For Organisers and Leaders

- ✓ Stop waiting for people to break before offering support
- ✓ Invest in mental health training, neuroinclusion, and wellbeing spaces



- ✓ Design event delivery timelines that expect human limits
  - ✓ Check in with your team as humans, not just roles
  - ✓ Build rest into strategy — not just crisis management
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### Daily Mantra

“Rest is a leadership tool. I protect my energy so I can lead with clarity and care.”

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### Daily Reminder

“The future isn’t frantic. The future is rested.”

EVENT  
WELLBEING  
WEEK



The Power of Pause  
2025