



BRIDA



All we do is talk,
BRIDA where conversations matter!





Topic of the Month for 2026

- January – Presence
- February – Values
- March – Energy
- April – Work
- May – Play
- June - Balance
- July – Rest
- August – Curiosity
- September – Money
- October – Boundaries
- November – Gratitude
- December - Integration



January – Presence

1. The power of slowing down
2. Reclaiming Attention in a distracted world
3. Morning rituals for centeredness
4. Embodied Awareness (living in the now)
5. Technology and Presence (Finding boundaries)
6. Listening Fully (Presence in relationships)
7. Letting go of multitasking
8. Creating Sacred Pauses in Everyday Life



February – Values

1. Rediscovering core values
2. How our values shape decisions
3. Integrity in Action
4. When values collide (Navigating dissonance)
5. Living authentically at work
6. Courage and Conviction
7. Values in relationships (respect and Alignment)
8. Rewriting Your personal Manifesto



March – Energy

1. What gives us energy
2. Energy drainers
3. Managing daily energy
4. Physical and mental energy
5. Energy in communication
6. Healthy energy habits
7. Energy and motivation
8. Recharge



April – Work

1. Dream job
2. Funny Work Fails
3. Work around the world
4. Work-life balance
5. First job stories
6. Cool bosses and Crazy co-workers
7. Future jobs
8. How to make work more fun



May – Play

1. Games we loved as kids
2. Silly games for adults
3. Playful thinking
4. Breaking routine through play
5. Creative play in daily life
6. Gamification of tasks
7. Embracing the “What if”
8. Design a thinking experiment



June – Balance

1. Work-life balance
2. Emotional Balance
3. Health and Lifestyle balance
4. Financial balance
5. Relationship balance
6. Digital balance
7. Balance through routines
8. Balance between work and play



July – Rest

1. The science of rest
2. Quality sleep vs quantity sleep
3. Active rest
4. Digital rest
5. Rest in a busy life
6. Emotional rest
7. Creative rest
8. Rest rituals



August – Curiosity

1. The power of asking questions
2. Curiosity and the brain
3. Cultural curiosity
4. Curiosity in the workplace
5. Lifelong learning
6. Fear vs Curiosity
7. Creative curiosity
8. Curiosity and technology



September – Money

1. Budgets and smart spending
2. Saving for the future
3. Understanding Money
4. Money and relationships
5. Money mindset
6. Earning different ways
7. Needs and wants
8. Money around the world



October – Boundaries

1. Personal boundaries
2. Communications and saying “no”
3. Boundaries in relationships
4. Professional boundaries
5. Digital boundaries
6. Emotional boundaries
7. Time boundaries
8. Boundaries for self-care



November – Gratitude

1. The meaning of gratitude
2. Gratitude and mental health
3. Showing appreciation to others
4. Daily gratitude habits
5. Gratitude in communication
6. Cultural views on Gratitude
7. Gratitude for small things
8. Gratitude during difficult times



December – Integration

1. Cultural integration
2. Integration in communities
3. Workplace integration
4. Social integration
5. Integration in Education
6. Language and communication
7. Balancing Old and New
8. Integration through Shared activities