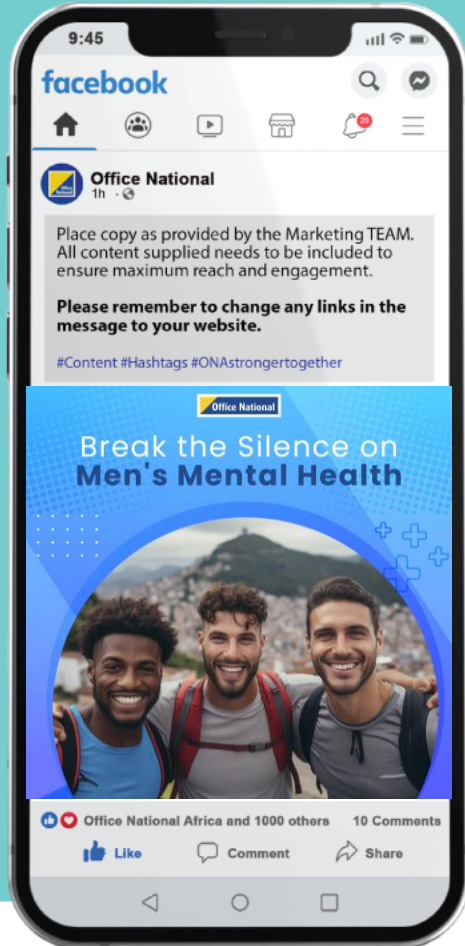




# Social Media Planner



**Date:**

10/06/2024

**Focus:**

Special Post – Instagram & Facebook

**Theme:**

Men's Health Month

**Product:**

N/A

**Message:**

Break the silence!

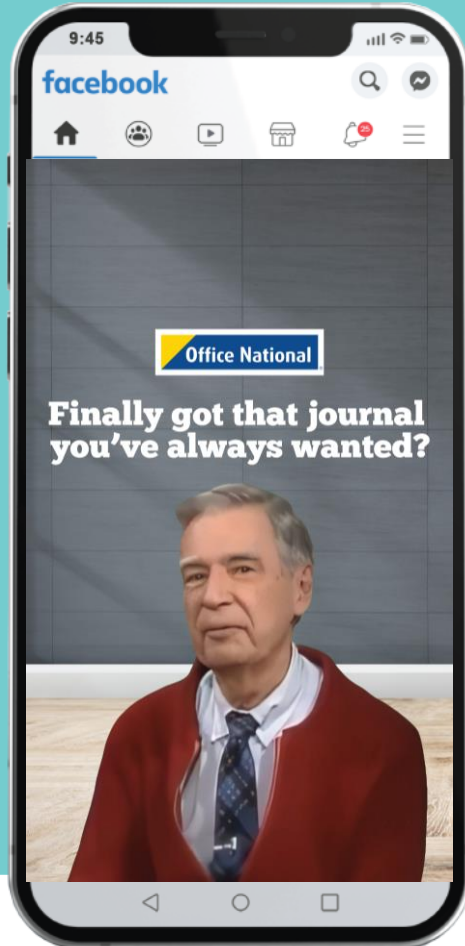
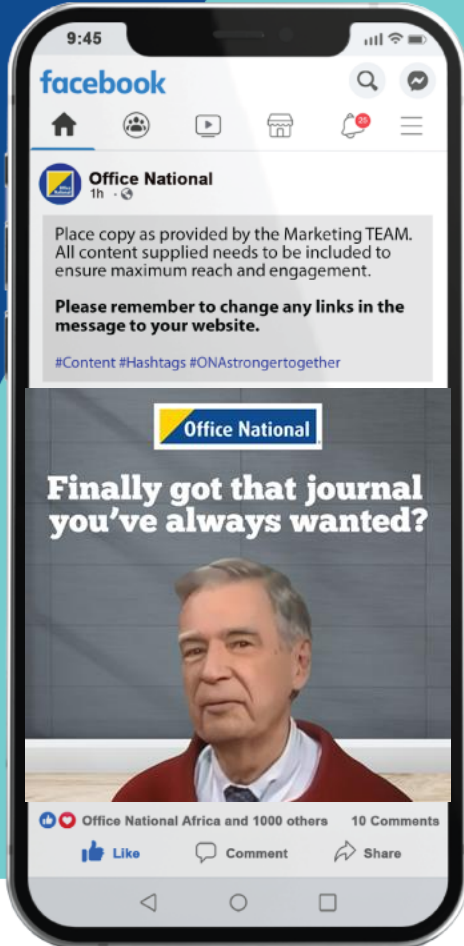
Breaking the silence on men's mental health. It is very important to identify signs of mental health dips in those around us. Identifying and offering help to other's could be as simple as offering an ear to listen, suggesting activities you could do together such as getting a coffee, becoming gym buddies or simply taking walks so the person know he doesn't have to be alone. It's not just about awareness, it's about action. Let's make mental health support accessible for all men. For more information on how you can help improve your mental health visit us on YouTube: <https://bit.ly/3VgsgA7> #ensmentalhealth #selfcare #officenational #ThinkShopSupportLocal #strongertogether



Proudly Supporting    



# Social Media Planner



**Date:**

11/06/2024

**Focus:**

Tik-Tok/ Facebook Video

**\*\*Same Video posted on both platforms.\*\***

**Theme:**

Self Care (Men's Mental Health)

**Product:**

**Message:**

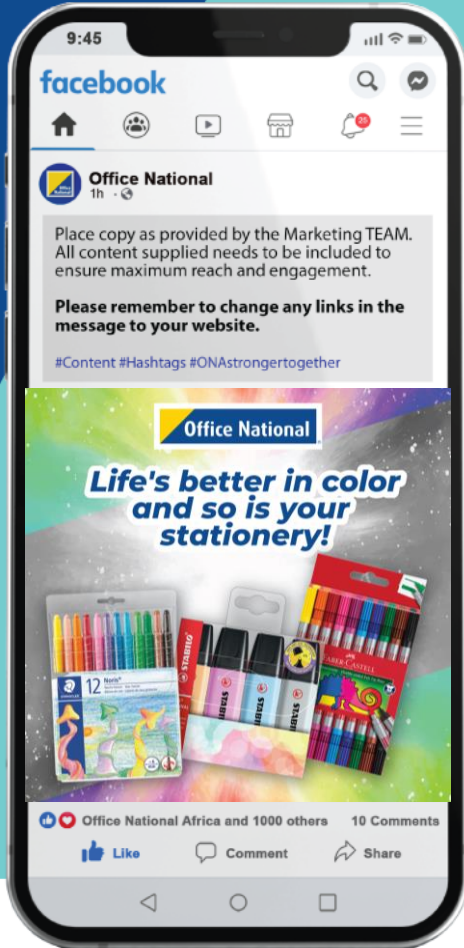
Journals and diaries galore!

It's never too late to start your self care journey. Check out all our journals and diaries here: <https://bit.ly/3Rgy00A>

#fyp #journals #diaries  
#officenational  
#ThinkShopSupportLocal



# Social Media Planner



**Date:**

12/06/2024

**Focus:**

Tik-Tok & Facebook Video

**\*\*Same Video posted on both platforms.\*\***

**Theme:**

**Product:**

Highlighters, Kokis, pens of different colours

**Message:**

Life is better in colour—and so is your Stationery!

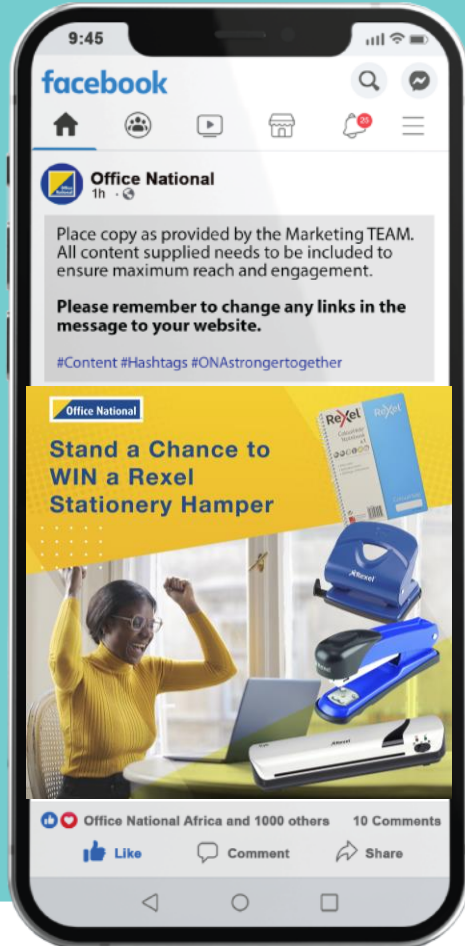
Explore our vibrant collection and let your creativity shine.

<https://bit.ly/3VkhmZY>

#creativity #stationery #colour  
#ThinkShopSupportLocal  
#officennational



# Social Media Planner



**Date:**

13/06/2024

**Focus:**

Special Post – Instagram & Facebook

**Theme:**

**Product:**

Rexel white board, stapler, punch and laminator

**Message:**

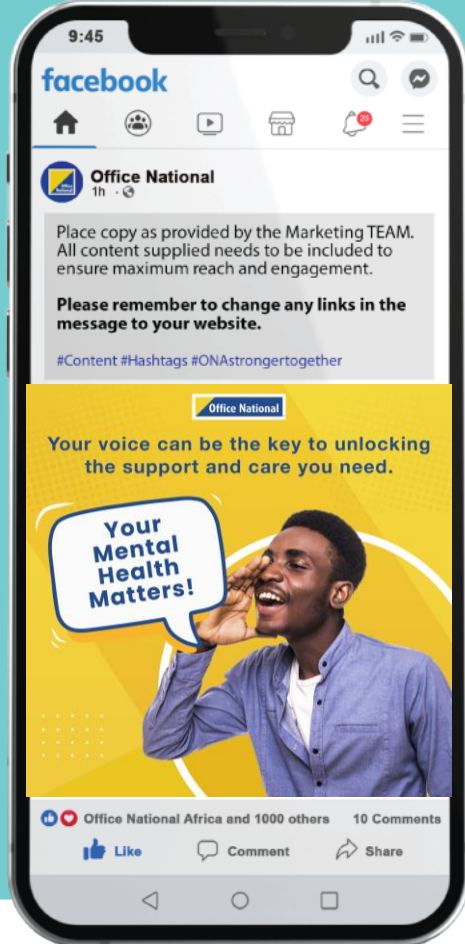
Competition time! Let's help you create your mini office with Rexel!

Stand a chance to win a Rexel stationery hamper by simply liking the post, tagging a friend and commenting how these products would help you complete any current projects. Winner will be announced Friday the 21st of June.

#competition #Rexel  
#officenational



# Social Media Planner



**Date:**

14/06/2024

**Focus:**

Special Post – Instagram & Facebook

**Theme:**

Men's Mental Health Awareness

**Product:**

**Message:**

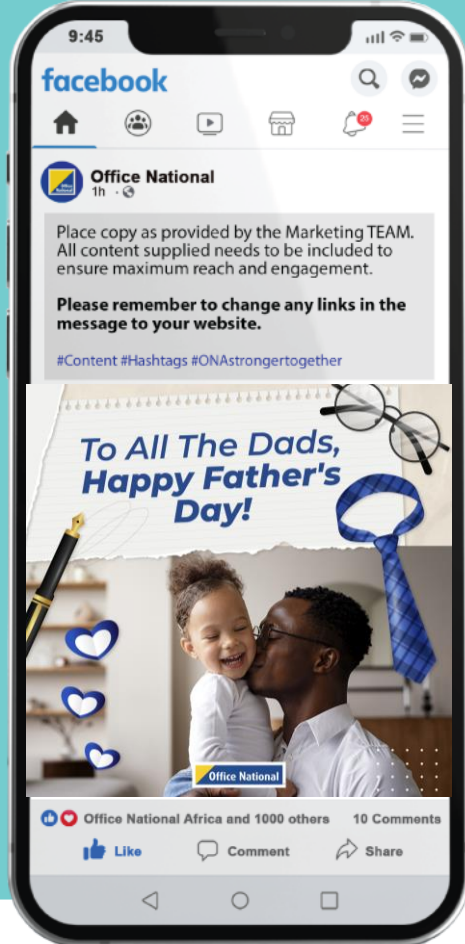
Men's Mental Health Awareness Week

Community plays a huge part in the state of our mental health. We all have our own ways to cope, share any tips you may have in the comments below and let's help one another!

#mensmentalhealth  
#officenational  
#strongertogether



# Social Media Planner



**Date:**

16/06/2024

**Focus:**

Special Post – Instagram & Facebook

**Theme:**

Father's Day

**Product:**

**Message:**

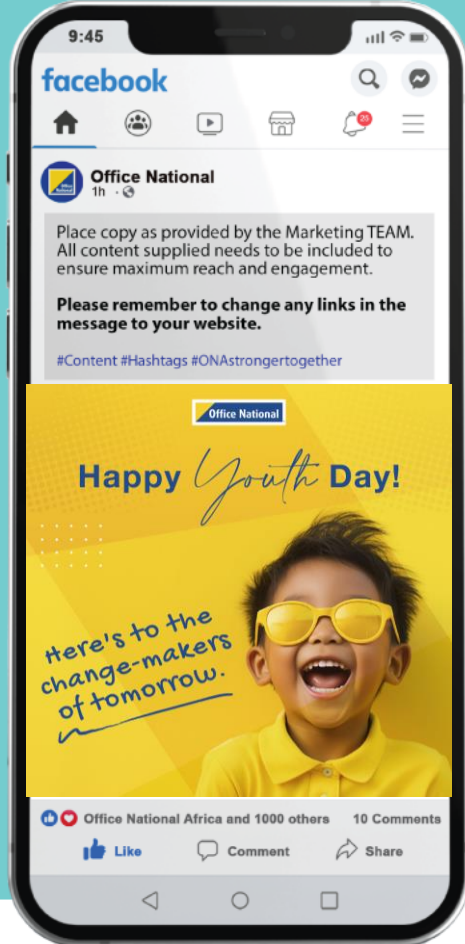
Happy Fathers Day!

Here's to the dads who show up every day, in big ways and small, making the world a better place.

#FathersDay #officenational



# Social Media Planner



**Date:**

16/06/2024

**Focus:**

Special Post – Instagram & Facebook

**Theme:**

Youth Day

**Product:**

**Message:**

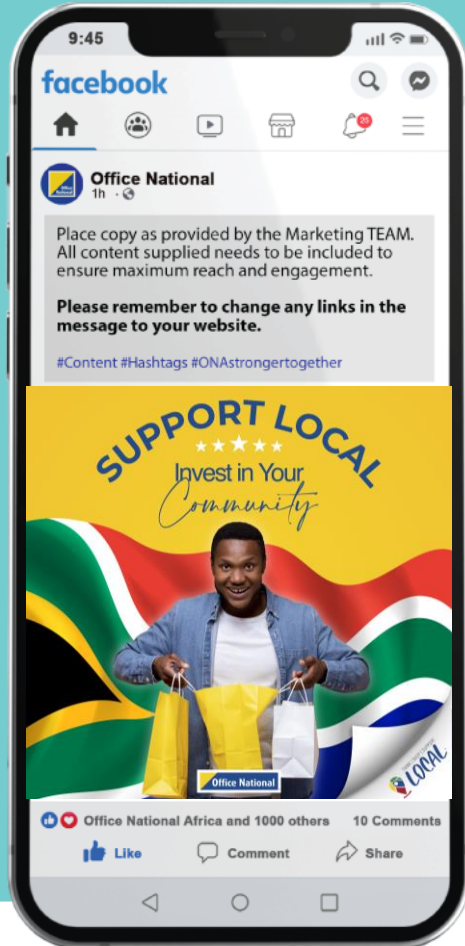
Happy Youth Day!

Here's to the dreamers, the doers, the change-makers of tomorrow.

#youth #strongertogether  
#startoftomorrow #officenational



# Social Media Planner



**Date:**

17/06/2024

**Focus:**

Instagram & Facebook

**Theme:**

Vocal Your Local

**Product:**

**Message:**

Think | Shop | Support Local.

When you shop at local businesses, you're not just buying a product or service – you're investing in your community. When you purchase or order from your local Office National store you become a part of the ripple effect which fuels your community's growth. We offer a number of locally produced brands at our stores.

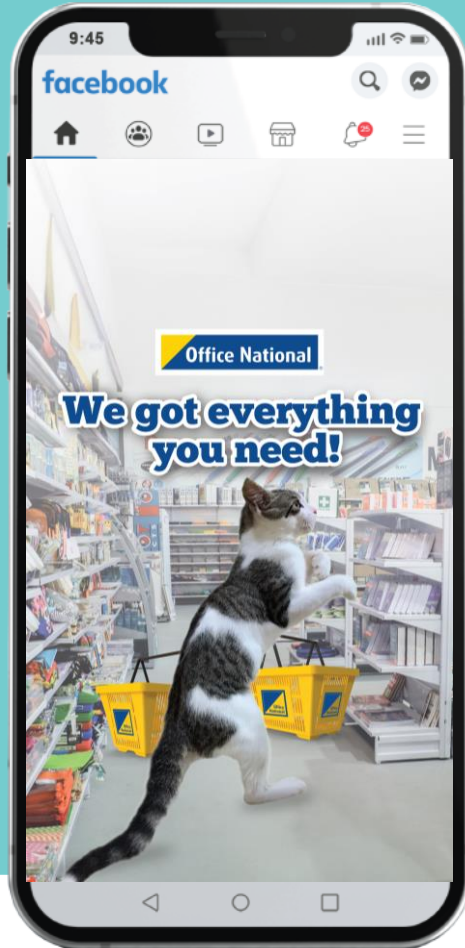
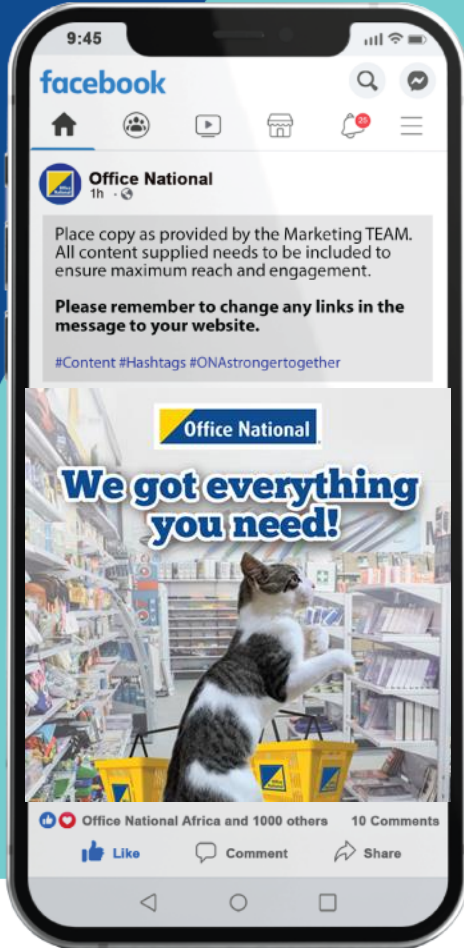
#ThinkShopSupportLocal  
#officenational #strongertogether



Proudly Supporting    



# Social Media Planner



**Date:**

18/06/2024

**Focus:**

Tik-Tok & Facebook Video

**\*\*Same Video posted on both platforms.\*\***

**Theme:**

Stationery For Everyone

**Product:**

**Message:**

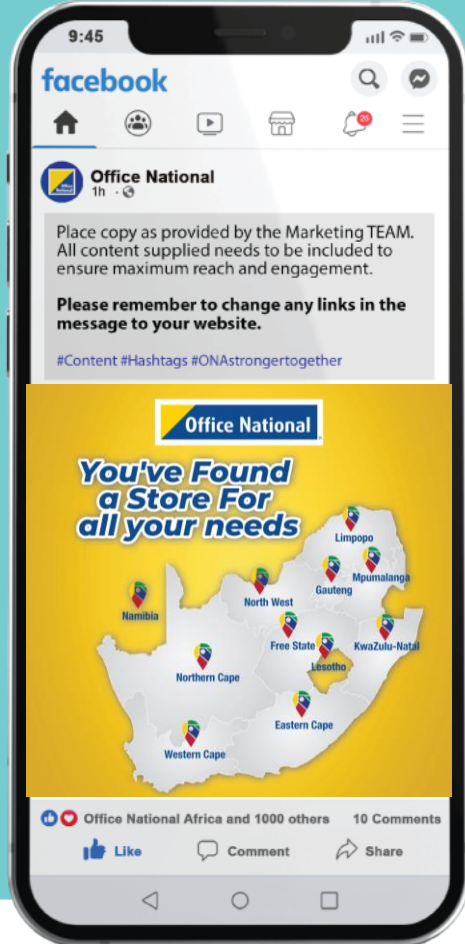
Whether you're young or just young at heart, we've got something for everyone! Visit our website to shop online or locate an Office National store near you using this link:

<https://bit.ly/45hhX3f>

#ThinkShopSupportLocal  
#officenational #stationery



# Social Media Planner



**Date:**

19/06/2024

**Focus:**

Instagram & Facebook Post and Story

**Theme:**

Vocal Your Local

**Product:**

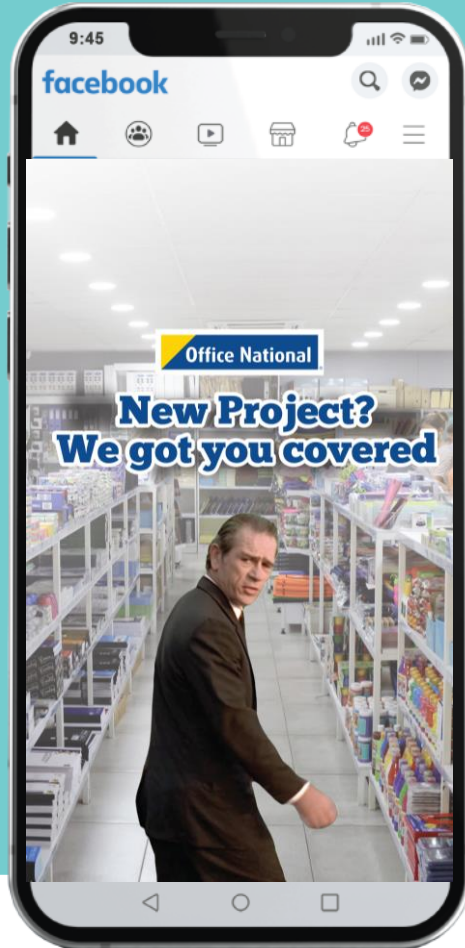
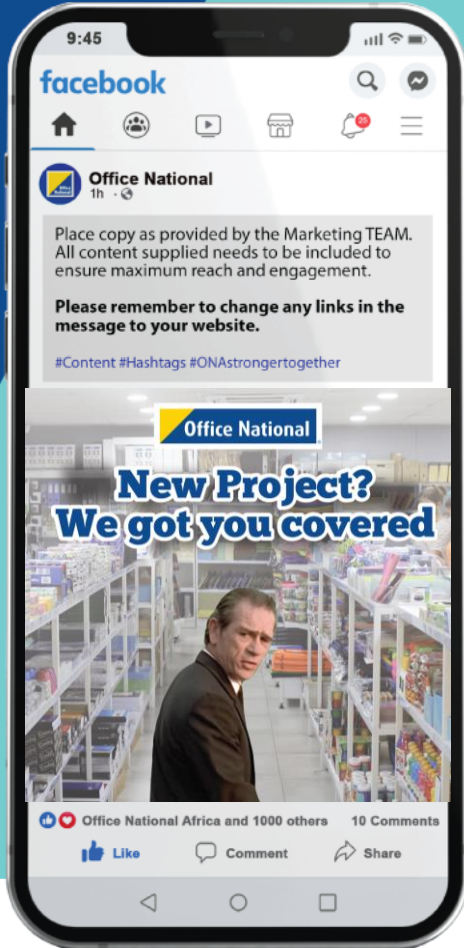
**Message:**

Delve into the world of Stationery with us! You never know, your new favourite spot could be just around the corner! Use our store locator to find us and start your adventure today.

#officenationalafrica #shoplocal  
#ThinkShopSupportLocal  
#StrongerTogether



# Social Media Planner



**Date:**

19/06/2024

**Focus:**

Tik-Tok & Facebook Video

**\*\*Same Video posted on both platforms.\*\***

**Theme:**

Vocal Your Local (Worth It Tik-Tok)

**Product:**

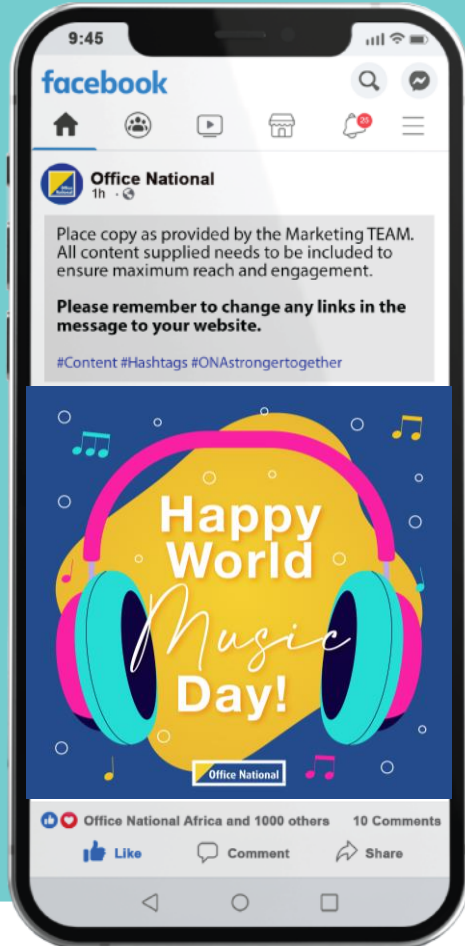
**Message:**

We've got stationery to get rid of any procrastination. Let us help you finish that project you've been working on. Visit our website to shop online.

#fyp #stationery #officenational  
#ThinkShopSupportLocal



# Social Media Planner



**Date:**

20/06/2024

**Focus:**

Special Post - Instagram & Facebook

**Theme:**

World Music Day

**Product:**

Speakers and Head phones

**Message:**

Happy World Music Day!

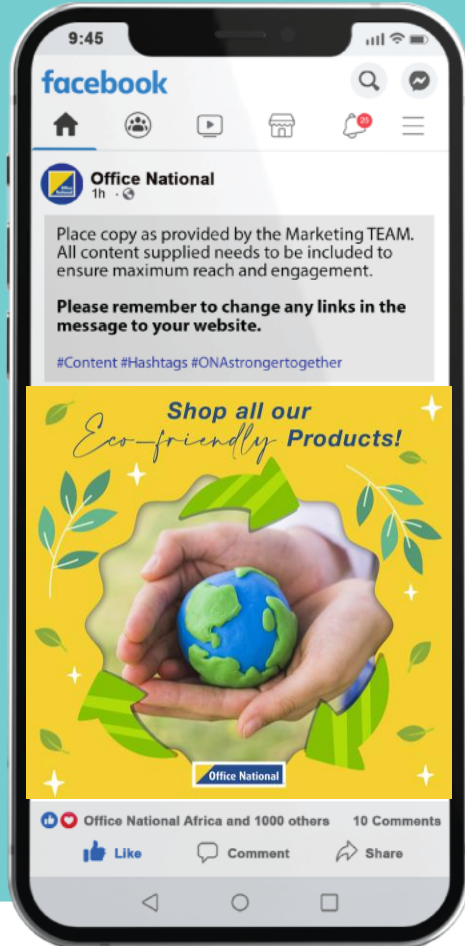
Switch seamlessly between work and play with our multi-use headsets. Elevate every aspect of your day! Browse through our Computer Products and Accessories category using this link:

<https://bit.ly/4ej6GUc>

#computeraccessories  
#happymusicday #officenational



# Social Media Planner



**Date:**

24/06/2024

**Focus:**

Instagram & Facebook

**Theme:**

Sustainability

**Product:**

**Message:**

Let's embrace a sustainable future!

Being eco-friendly isn't about sacrificing convenience or comfort; it's about making mindful choices that prioritize the well-being of our planet and its inhabitants. It's about recognizing that we are all stewards of the Earth, entrusted with its care and protection. That is why we offer great alternatives for your everyday stationery needs. Shop all our eco-friendly products now to play your part in making a change.

Shop our sustainable products using this link: <https://bit.ly/4cevFpV>

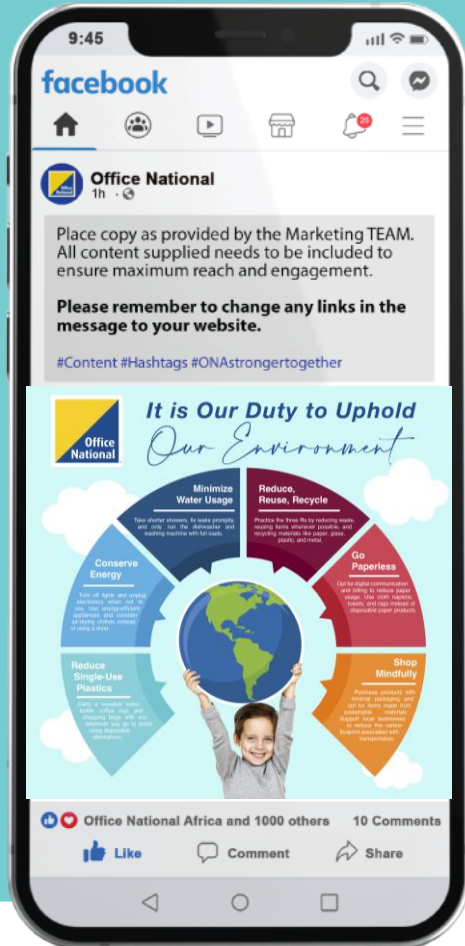
#ecofriendly #officenational



Proudly Supporting    



# Social Media Planner



**Date:**

26/06/2024

**Focus:**

Instagram & Facebook

**Theme:**

Sustainability

**Product:**

**Message:**

Play your part!

We all have a duty to uphold when it comes to looking after our environment. There are many ways to do this in our day to day lives. How do you be playing your part to ensure the preservation of the planet?

#officenational #sustainability