

IMPLEMENTING WELLBEING IN THE WORKPLACE

Wellbeing plays a crucial role in creating a flourishing environment. Focusing on wellbeing at work presents a valuable opportunity to help individuals feel happy, competent and satisfied in their roles. The evidence shows that people who achieve good standards of wellbeing at work are likely to be more creative, more loyal, more productive, and provide better client satisfaction than individuals with poor standards of wellbeing at work.

The aim is to introduce simple things companies can do to implement wellbeing into their organisations. The Five Ways to Wellbeing were developed by the New Economics Foundation (NEF) from evidence gathered in the UK government's Foresight Project on Mental Capital and Wellbeing. This project made use of state-of-the-art research about mental capital and mental wellbeing through life.

COURSE BRIEF

We will introduce you to the Five Ways to Wellbeing: a set of evidence-based actions which promote people's wellbeing. They are: Connect, Be Active, Take Notice, Keep Learning and Give.

Our wellbeing workshop is highly interactive, fun and engaging, and it is also informative and educational. Our supportive, empathic facilitators help you to recognise which practical steps you can take to improve your psychological wellbeing and health approach at work. Our hand-outs, toolkits and workbooks provide you with the ongoing support you need to incorporate The Five Ways into your daily life for longer term sustainable wellbeing.

WORKSHOP COVERS:

- What wellbeing is and why it is important
- The business case for wellbeing
- The 5 Ways to Wellbeing framework
- The case for a bottom up approach which fostering individual's taking responsibility for their health & wellbeing
- How to avoid the common pitfalls
- Creating a simple action plan to get you started on little or no budget

Delivery options:

Bitesize (3.5 hrs)

Maximum number: 16

Please contact training@bristolmind.org.uk for fees