



"Developing Effective Health & Wellbeing in your Workplace"

Good Health and Wellbeing is essential in the workplace. Staff work most productively when they are happy, physically and mentally well, financially secure and feel valued.

This programme will support the development of an effective Health & Wellbeing Policy, Strategy, Implementation plan and Evaluation process for your business. This involves working closely with your Human Resources team or Consultant to engage with and consult all staff on a regular basis so they all buy into the development of a Wellbeing culture and the changes that may be needed in the workplace to ensure that all staff feel happy, valued and enthusiastic about the business they work in. This in turn will increase your reputation and help you become an employer of choice for new staff and create a positive and productive working environment.

An in house programme of group sessions for managers, staff or a combination of both will raise their awareness of the signs of stress and early mental ill health issues in those they work with and also for themselves.

This will also provide them with information about how to support people to continue to work and so reduce sickness and absenteeism costs.

Information and Guidance to help improve and maintain their overall Health and Wellbeing will lead to a positive workforce who feel valued, secure and who are likely to remain for the longer term.

Some individual staff may need bespoke support of information, advice, guidance and referral to specialist support to help them manage the challenges they face, which could include:

- Eldercare Responsibilities
- Caring for a dependent child or adult with special needs
- Caring for a partner / spouse with a terminal or long term illness or addiction
- Relationship breakdown potentially leading to divorce or formal separation

They will gain confidence and re-assurance to be able to cope better with their situation and continue to be focussed and productive within your business, reducing absenteeism, potential resignations and recruitment costs.

There are a number of purchasing options or a bespoke option can be developed for your business

Please contact me for a discussion.

Sue Grogan – Director

Joined-Up Working

www.joinedupwork.co.uk

E: sue@joinedupwork.co.uk

T: 0116 4300 372

