

WELLBEING AT WORK

THE ROLE OF STAFF, MANAGERS, & LEADERS

COURSE OUTLINE

**DURATION:
2 DAYS**

AIMS AND OBJECTIVES:

- To obtain a clear understanding of what “Well Being” means for all
- To explain why it is becoming increasingly important
- To discuss the benefits for the organisation and for the Staff
- To help participants in planning a “Well Being at Work” operational plan

The purpose of this workshop is to help HR professionals and other managers/leaders understand the benefits of wellbeing at work for organisations and employees, and how to develop and implement a wellbeing strategy.

SUITABLE FOR:

- HR and Line Managers and other support Staff who are responsible and accountable for the health and wellbeing of employees
- Senior Leaders have a duty of care in this area
- All Staff who have the well-being of the organisation at heart

WORKSHOP CONTENT:

- Understanding what wellbeing is - and why it is so important
- The Business case for a well-being at work
- Recognising how organisational culture affects wellbeing
- Recognising when others need help - when and how best to give it
- Having a Strategy as opposed to one-off initiatives
- What makes your workplace a pleasant place to work?
- What works well for you now - how will you improve on this?
- How an integrated approach to well-being can increase employee engagement, fostering a joint commitment to organisational success.
- Employers accepting that they have a fundamental duty of care for the physical and mental health and well-being of their workers
- 7 steps to a workplace well-being programme
- Responsibility, and Action Planning
- Decide on which programme fits best
- Planning, Communication, Implementation
- Measures and ongoing evaluation
- Reviewing and adjusting
- Building a more robust organisational framework to promote good mental health

Tel: 00 971 (4) 3599020

Email: info@oakwooddubai.ae

Web: www.oakwooddubai.ae