



Wellbeing in the Workplace

1-day course

Aim

Focus on employee wellbeing and improving business performance

This one day course is aimed at FMs who wish to gain or improve their understanding of wellness. The attendees will gain an in depth understanding of what wellbeing is, the factors affecting wellbeing and the benefits to both the individual and organisation on focusing on employee wellbeing. With detailed guidance, case studies and exercises on designing and implementing a wellness programme, this course will give attendees the knowledge to develop a wellness programme tailored to their organisations or clients organisations and real practical measures they can implement

Course content

- What is wellbeing?
- The impacts of wellbeing on the individual and organisations
- The aspects of wellbeing
- Analysing wellbeing
- Designing and implementing a wellness programme
- Monitoring wellness programmes
- Practical steps to take
- Making the business case for wellness

Programme

09.30 Welcome and introduction

What is wellbeing?

The impacts of wellbeing on the individual and organisations

The aspects of wellbeing

A holistic approach, wellbeing and facilities management (space as a service)

11.00 Break

11.15 Implementing a wellness programme – Introduction (the three steps)

Implementing a wellness programme – Discover (evaluating an organisations current approach to wellbeing)

Workshop – Analysing your own organisation

Discussion

13.00 Lunch

14.00 Implementing a wellness programme – design (the key elements of a wellness programme with case studies)

Workshop – designing a wellness programme

15.15 Break

15.30 Constructing the benefits case for wellness
Implementing a wellness programme – delivery (monitoring wellness programmes)
Practical wellness ideas

17.00 Close and departure

Professional Recognition

Delegates receive a Quadrilect Ltd certificate of attendance which contributes towards their record of CPD [Continuing Professional Development].

How do I book?

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