

WORKPLACE WELLBEING WAKE-UPS



DISCOVER PROVEN TOOLS TO FURTHER IMPROVE YOUR WORKPLACE WELLNESS

Most organisations run some workplace wellbeing initiatives. Some examples are flu jabs, health checks, volunteer days etc. This course is designed to look at what else could you do to further improve workplace wellbeing.

How do you keep your people engaged in continuously improving workplace wellness?

What low-hanging fruit is ripe for workplace wellbeing initiatives?

This course identifies how behaviours and moods can impact the workplace wellbeing balance. It's a reflective course and participants consider how their actions impact other people. For example a manager may come to work in a bad mood every day. But the manager might be unaware that this mood also brings a dark cloud to the workplace.

So this course moves away from standard wellbeing programs. Everyone in the organisation benefits from wellbeing. This course will help you to structure a wellbeing plan for everyone.

Workplace wellbeing benefits everyone.

KEY CONTENT

- Identify low-hanging fruit — ripe for picking to improve workplace wellness
- Discuss the benefits of workplace wellness
- Deliver on strategy and improve employee value
- Identify and rectify a recurring problem and remove it
- Keep people engaged in workplace wellness
- Match workplace wellness to pain points to boost retention and employee loyalty
- Discover how organisations bounce back quicker after a disappointment
- Have a look at some easy-to-implement ideas that other organisations have made
- Analyse some case studies where workplace wellness buffered organisations through tough times
- Discuss the relationship between workplace wellbeing and change readiness
- Understand how customers form expectations and rest unrealistic expectations

NUTS & BOLTS

Would you like to attend this program?

For maximum effectiveness, this program is best conducted as an in-house program.

Venue: For your convenience, you can choose to conduct this program at your workplace. Alternatively, we can provide a training venue at a small additional cost.

Email: Deborah at ddear@preftrain.com.au

or visit our website today: www.preftrain.com

Ideal group size: 4-9 participants

Target Audience: Management

Cost: Price on request.



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