



Wellbeing and your workplace

Step into
Health
Ltd

In 2008 the promotion of Workplace Health and Well-being will become a major government priority.

Increasing productivity and reducing sickness absence makes good business sense. You can do this by promoting employee well-being and health and there is now significant research evidence to show that this has a direct benefit to the employer and the employee.

Get more from your staff
Revitalise your workforce
Train your staff in dynamic skills that will boost their productivity
Improve morale
Adopt world-leading workplace practices

How Workplace Health and Well-being can improve your business

Do you want to:

Make workplaces more productive?

Make workplace health good business sense?

Improve the well-being and health of employees?

Establish an effective workplace well-being programme?

How can Leisure Centres and the Private industry promote workplace well-being?

What is wellbeing?

Wellbeing is a term which describes your overall health, both physical and mental but it also includes feelings of vitality and resilience.

Vitality

This is the ability to approach each day with energy and commitment. It enables people to think more clearly, take creative and innovative approaches and be open to new challenges and fresh ideas.

Resilience

Resilient people have the ability to deliver high levels of performance consistently.

They are able to deal effectively with pressure and have the skills to take changes in their stride. They are never down for long and are able to bounce back strongly.

How can Local Authorities and Councils develop effective workplace well-being programmes?

These two characteristics are at the heart of the seminar and the seminar addresses the skills necessary to promote wellbeing in your workplace and develops the practices you need to make it a priority.

Feel better about yourself and feel better at work

Wellbeing is a crucial area of your overall health and can help you to get better quality sleep, have more energy throughout the working day and throughout the week and improve your perspective on life.

Evidence:

- **42% of workers experience low energy levels in the afternoon** (Work Foundation 2005)
- **40% of workers report experiencing fatigue**
- **38% of workers experience poor quality sleep** (J.Occupational Environmental Medicine Jan.2007)
- **56% of workers report having less than 7 hours sleep a night** (Medibank Survey 2005)
- **30% of GP consultations are associated with anxiety and depression** (RCGP, 2006)

A successful workplace wellbeing policy can increase productivity, reduce sickness absence and increase return to work rates. The potential return on investment is therefore significant.

How can this help my workplace?

Productivity is a major issue which has the potential to make substantial gains and savings by improving the productivity of your staff.

Evidence:

Work Foundation 2005

- 25% of employers come to work with problems that lower productivity

Medibank Survey 2005

- Healthy employees are three times more productive
- Unhealthy employees have nine times more sick leave

J. Occupational and Environmental Medicine 2007

- Inactive employees are less productive by 5-6 hours per week

This seminar addresses each of these issues and will promote healthier employees with more vitality and resilience.

Content

Developing an Organisational Culture that stimulates well-being

Senior Management Vision to Implement a wellbeing culture

Generating Processes that will co-ordinate successful initiatives

Creating Effective workplace health and well-being programmes

Making Productivity a key component of the success of an organisation

Helping employees adopt healthy lifestyles that energise their lives

You will leave the seminar with clear Action Plans, specific outcomes to work towards and support for effective action.

How can Primary care trusts promote Workplace health and well-being?

Who should attend this seminar?

Local Authorities and Borough Councils who want to promote workplace well-being

Primary Care Trusts who want to promote health and well-being in the workplace

Leisure Centres who want to work with workplace well-being programmes

Universities developing staff and student well-being programmes

Businesses who want to create well-being programmes

HR managers

Benefits of Attending

Insights into the key ingredients of workplace health and well-being programmes

Action Plans for developing workplace well-being and health programmes and successful outcomes

Understanding of workplace practices to increase workability and performance

Practical advice and examples to enhance ROI on your existing policies

Enthusiasm, confidence and direction to make your workplace a healthy place to be

There are only 35 places available at each seminar. This will enable us to provide personalised advice on how to develop successful programmes.

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- Who Are We?

Len Almond has considerable experience of promoting health and well-being in a variety of settings. As Foundation Director of the BHF National Centre for Physical Activity and Health he was responsible for initiating the Healthy Workplace resources. More recently he has been running seminars on workplace health in Australia and he is a consultant for workplace health initiatives in West Australia.

Dr Matthew Almond has had practical experience of delivering workplace health and wellbeing programmes since 2005 across a range of settings and in both small and large companies. In 2006 Matthew conducted a National Mapping exercise which identified workplace wellbeing programmes. From 2007 Matthew was part of the team who evaluated the North West £1 Million Challenge workplace Health programme. He continued his exploration of successful workplace practices by investigating leading-edge practices in the USA. Matthew brings practical and theoretical experience of successful workplace health programmes.

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