

The
Wellbeing
Workshop

A graphic consisting of five vertical bars of equal height and width, arranged in a row. From left to right, the bars are colored purple, green, cyan, orange, and yellow. Each bar has a thin black outline and a slight shadow effect at the base.

Workbook

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realising **your** potential

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Introduction

This workshop aims to promote wellbeing in the workplace and help businesses and their staff learn more about the importance of workplace wellbeing and how it can be developed.

Objectives

The objectives of this workshop are to help you to:

- Understand the concept of workplace wellbeing and why it is important
- Become familiar with the workplace wellbeing model
- Learn about how workplace wellbeing can be developed on both the individual and organisational level
- Complete an action plan to develop aspects of your workplace wellbeing

Workplace Wellbeing

What is workplace wellbeing: True or False?

Are the following statements True or False?



1. Workplace wellbeing is concerned with the overall mental, physical, and emotional health of employees
2. Workplace wellbeing is the same as resilience
3. Some studies suggest that feeling disconnected from others is as significant a health risk as smoking, excessive alcohol consumption and a lack of physical activity
4. In a 2021 health and wellbeing survey, 60% of respondents reported some stress-related absence in their organisation over the last year
5. Developing workplace wellbeing is only down to the individual and their own wellbeing management

The Importance of Wellbeing at Work

Why is workplace wellbeing important?

Discuss why you think workplace wellbeing is important for both employees and organisations

For employees:

For organisations: