

Wellbeing in the Workplace



Planning and Implementing Strategies to Motivate, Engage and Create Happy Staff.

Workplace wellbeing has become an important part of creating employee frameworks that create the mental health support for staff. The recent pandemic highlighted wellbeing at a scale that has never been seen before and many organisations didn't have effective support plans in place. As part of ongoing remote and flexible workforce management plans, integrating support strategies for employee mental health has now become a high priority.

The benefit of developing successful wellbeing plans for employees is a vital part of maintaining productivity, motivation and sustained employee performance.

Wellbeing in the Workplace is a workshop style program to help individuals and managers develop sound plans for employee wellbeing.

This program covers some of the following topics:

- Creating sustainable change plans for long term wellbeing.
- The key pillars to staff wellbeing.
- Integrating wellbeing into workforce and training plans.
- Creating wellbeing programs to help reduce overall stress.
- Methods and support strategies for work, life, balance.
- Management support strategies and frameworks.

Designed for?

- This course is suitable for managers and leaders and anyone looking for wellbeing support strategies for teams.
- Anyone who has responsibility to manage remote or flexible workplace staff and needs to find ways to create healthy support frameworks.
- An ideal group size is 6 – 15 participants.

Key Learning Outcomes

- ✓ Create holistic strategies to support the wellbeing of the staff or team.
- ✓ Understand the core pillars to a successful wellbeing plan.
- ✓ Recognise the core behaviour drivers that motivate and engage staff.
- ✓ Customise your wellbeing strategy to support remote and hybrid work models.
- ✓ Identify skill gaps that create stress and develop training support strategies.
- ✓ How to develop and support healthy work, life, balance blueprints for staff.
- ✓ Use a range of positive mental methods to build a wellbeing culture.
- ✓ Recognise the role of managers and team leaders in maintaining wellbeing in the team.
- ✓ Integrating practical stress reduction techniques such as mindfulness and meditation.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



Coaching

Contact Us

☎ 1300 762 461

✉ info@calcorporatesolutions.com.au

🌐 calcorporatesolutions.com.au