

# PROMOTING WORKPLACE WELLBEING



Are you in a staff support role within the Wakefield district and interested in building on your awareness of workforce wellbeing and compassionate leadership cultures to support workforce wellbeing and retention?

Join us for a free, 1 hour, online workshop

## WHY PARTICIPATE?

This workshop supports those in any staff support role to increase their understanding of the social factors that can impact on an individual's wellbeing at home and at work

This workshop is designed to support the implementation of proactive approaches to improve workforce wellbeing, leading to reduced absence and improved retention

## TOPICS COVERED INCLUDE:

- How social factors can impact on individuals wellbeing, both at home and at work
- How to facilitate meaningful wellbeing conversations with employees
- Supporting employees with long-term health conditions
- Trauma-informed practices
- Connecting employees to local support services


## WHO CAN ACCESS WORKSHOPS?

- Aged 18+
- Individuals in a staff support role (For example, HR / Manager / Occupational Health etc.) who work within the Wakefield district

## HOW TO REFER

- Self refer
- Refer someone else, with consent

## CONTACT US

 01924 255363  
 [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)

Healthy  
Working  
Life

SCAN



 **Live Well**  
Wakefield