



Workplace Wellbeing

UNIT STANDARD: N/A

Outline

IMPAC has developed, in collaboration with Frank O'Connor, Chartered Organisation Psychologist, a balanced and informative Wellbeing at Work training programme.

Attendees will gain insight and understanding on the importance of wellbeing, as well as legal and ethical drivers of wellbeing in the workplace. Within this 8-hour course, attendees will also learn techniques and tools to take practical action to improve wellbeing at work.

Objectives

On successful completion students will be able to:

- + Define Wellbeing.
- + Understand why Wellbeing matters.
- + Know the relationship of Wellbeing and Stress.
- + Understand legal and ethical drivers.
- + Implement practical action to improve Wellbeing at Work.

This course has been designed for:

- 👤 Health & Safety leaders, advisors.
- 👤 Team leaders, supervisors.
- 👤 Anyone with a remit or interest in Wellbeing in the workplace.

- 🏠 Inhouse
- 🗨️ Face to face
- 💻 Online
- 📺 eLearning
- 🔧 Tailorable

CLASS SIZE: Maximum 16

DURATION: 1 day