



# WELLBEING 360

You are likely to benefit from our Wellbeing 360 if:

- your business has been through significant change including restructure or redundancy;
- you have had a number of employee absences due to stress or for poor mental health conditions;
- you need a review to proactively ensure that you have the correct processes, practices and company documentation in place;
- you are looking to consistently improve in order to become an employer of choice;
- you want to feel confident that you know how to support those that are suffering or are in crisis;
- you are looking to implement a robust wellbeing strategy.

## Overview

Our Wellbeing 360 provides an opportunity to both review and assess where you are now, and focus your people plan to be better aligned to your wellbeing objectives, going forwards.

In recent years, organisations that promote a healthy work/life balance have been a priority for candidates seeking new roles and critical to the retention of talent. In conjunction with the rise in awareness of poor mental health conditions and the understanding that wellbeing and performance are inextricably linked, wellbeing in all its forms, has become an ever increasing area of focus for businesses. Understanding areas where you could improve and proactively implement preventative steps, can make you a very attractive employer to work for.

## Our involvement

Our HR Consultant will hold an in-depth review session with you. During this session, they will explore your business and any current strategies in relation to physical, mental, financial and social wellbeing. Each area will be discussed in depth, in order for us to get an understanding of your challenges and opportunities.

We will then discuss realistic and affordable actions or changes that could be made before we draft a summary report, which will provide you with an overview our recommendations, in your priority order.

## What you'll take away with you

A comprehensive report showing areas for improvement and a list of recommended actions that you could make to take proactive steps to support your employees' wellbeing.

A clear wellbeing plan and a better understanding of action points needed to progress your wellbeing strategy.