



NEBOSH Working with Wellbeing



- Duration:** 1 Day plus Assessment
- Who is it for:** If you are looking to have a positive influence on well-being in your workplace, this qualification is a great choice for you. It is particularly relevant to HR specialists, Health and Safety professionals and those with people management responsibilities.
- Overview:** Based on research and best practice, Working with Well-being provides a holistic approach that is relevant for any sector, anywhere in the world. It covers:

- what 'well-being' is and why it matters
- the different factors that can positively and negatively impact well-being
- the benefits of achieving good worker well-being
- practical initiatives that can improve well-being
- how to measure the effectiveness of well-being initiatives.

The qualification introduces the concept of the NEBOSH 'Well-being tree' which considers six key areas of well-being - Interaction, Exercise, Mindfulness, Nutrition, Kindness and Learning.

Through your participation you will gain the knowledge and confidence necessary to positively influence employee well-being in your workplace.

Advantages for employers

Investing in good well-being will bring benefits to your business as well as your workforce.

Research has shown that good well-being can:

- Reduce staff turnover
- Reduce sickness absence
- Reduce accidents and injuries
- Increase employee satisfaction and engagement
- Increase productivity.

Throughout the qualification learners identify initiatives that can make a real difference in your workplace.

- Assessment:** The assessment checks your understanding and ability to apply what you have learnt to your workplace. First you will review the strengths and weaknesses in relation to each area of well-being within your workplace. Then you will produce a well-being intervention plan for your workplace, explaining how its effectiveness will be evaluated.

This course is CITB approved and grant aid may be available for those companies registered with CITB or Invest Northern Ireland.

For further information please contact us on:

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