

Wellbeing Champion

Develop the knowledge, skills and confidence to effectively assume the role of Wellbeing Champion.

Group booking options:

Delivery:

Face-to-face

Remote

Participants:

8 to 12

8 to 12

Duration:

Half day or Full day

Standard course 4 hours over 2 sessions

Enhanced course 6 hours over 3 sessions

Show a real commitment to employee wellbeing by developing a network of colleagues to bring your wellbeing strategy to life

Provide a point of contact for wellbeing issues outside line management structures

Increase staff engagement and productivity

Reduce absence levels and staff turnover

Wellbeing Champions are a network of colleagues within your organisation, promoting wellbeing services, initiatives and activities to your workforce.

They provide information, signposting and support for colleagues – driving peer-to-peer interaction, activities and employee engagement linked with your wellbeing strategy.

What you'll learn

- The four pillars of wellbeing: Physical, emotional, financial and social
- The key principles of remaining healthy, signs and risk factors for poor health
- Defining the role of Wellbeing Champion within your company (can be guided by delegate)
- How to have a conversation about wellbeing
- How to act on concern someone may be at risk (can use your company's specific processes)
- Internal and external support services to signpost colleagues to
- How Champions can support one another, proactively and reactively
- Working with others in the business and raising awareness of wellbeing

Who this course is for

Those undertaking a Wellbeing Champion role in their organisation. They should be colleagues who are passionate about health and wellbeing – and should be volunteers to the role, which is above-and-beyond regular duties.



Massive thanks, great trainer and kept me interested throughout the course.



Sarah, Roadchef

Course summary

Wellbeing Champions can provide support and information, help embed your health and wellbeing strategy and signpost colleagues to wellbeing services.

We will explore the four pillars of wellbeing: Physical, emotional, financial and social.

We'll also examine how poor lifestyle habits, stress, financial worries and isolation can have a significant impact on both physical and mental health.

And it equips participants to support colleagues, facilitate healthy behaviour and have conversations about wellbeing.

We can help you to define the role of Wellbeing Champions within your workplace, and your specific processes can be incorporated into the programme, making it immediately applicable in the workplace.

There are standard and enhanced versions of the course available, with more detail on the pillars of wellbeing in the enhanced programme.

About us

Our expert team have been delivering workplace training to organisations from all sectors for decades, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

To book, for more information or for a tailored quotation, contact us:



0300 456 8113



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