

Wellbeing at Work

For HR Professionals, Directors and Managers



Are you concerned with employees taking time off **sick**?
Is the **productivity** of your staff less than 50%?
Are your staff suffering as a result of continued **stress**?
Is the **energy** and **motivation** of your staff low?

Do you have a Wellbeing at Work Programme in your workplace?



Running a business or managing staff can be challenging but you can achieve great things if you have a healthy, motivated energetic team.

A Wellbeing Programme is not just fluffy and nice to have, it is essential!

Forward-thinking organisations across the UK have implemented, or are implementing, wellbeing initiatives for their employees. Informed Managers are keen to embrace the numerous benefits, not only to the individual but also the organisation.

Individual staff ill health is the organisation's problem too

Existing systems deal with health problems of individuals when things go wrong. There can be so much put in place to help employees remain well and to reduce frequency of ill health. This can have profound benefits to the organisation as well as individuals themselves.

It's about engaging individuals

Leaving literature around and hoping staff will motivate themselves may work for one or two but it hasn't worked for many. Motivating staff to keep healthy requires engaging them in their own programme by addressing their own personal needs. They need to know where they are starting out from and that's down to each individual.

Rumana Zahn is an established practitioner and advisor on Health and Wellbeing to organisations as well as individuals. She has seen a good wellbeing programme bring many benefits not only in monetary terms, such as reduced sickness levels, but also to an individual's energy, motivation, confidence, self esteem and consequently their productivity.

**Rumana will show you how to
design, develop and deliver
your own Wellbeing Programme.**

What do you Want for Your Organisation?

- Reduce sickness
- Increase productivity
- Improve the energy, vitality and the motivation of staff

Implement new modern ways to address some of these issues. Learn how to:

- Plan and deal with the Wellness needs of your organisation
- Address the hurdles of setting up a Wellbeing Programme
- Get senior managers and employees on board
- Identify types of wellbeing initiatives, which ones will be suited in your workplace and which ones will not
- Co-ordinate HSE, Occupational health and Wellbeing in the workplace
- Action planning for delivering your Wellbeing Initiatives
- Set up employee health action programmes



Rumana runs the award winning Walk-In Clinic within Nutri Centre at Kingston Park Tesco, Newcastle, as well as her own multi-disciplined clinics in the North East of

England. She writes for North East Exclusive on health, lectures nationally and is one of the 'experts' for Tesco Health Online. She has a font of knowledge in this field and is passionate about sharing her expertise in order to help individuals and companies gain excellent health and wellbeing.

Here's how to get started:

Come to the Workshop, 17th July 2008

Learn how to design, develop and implement your own Wellbeing at Work Programme.

10 am until 4pm, The NE Regional Portal Offices, Lakeside Court,
5th Avenue Business Park, Team Valley Trading Estate, Gateshead, NE11 0NL

Monthly Coaching Programme

Half day monthly group coaching and support to take you through the issues and problems of design, development and implementation of your Wellbeing at Work programme. Guidance and direction in finding the right people to deliver initiatives, plus ongoing email support.

Workshop £350

Coaching Programme £450 / month *

* (12 months min, 1 delegate per organisation.
Additional delegates... £95/pp)

Places are limited. Please apply early!

Call: 0845 680 1418

Email: info@rumanahealth.com

... or get Rumana and her team to deliver a full programme designed specifically for your workplace

Please call for details 0845 680 1418 or email info@rumanahealth.com

Please note that the programmes described above are aimed at companies or other corporate bodies. If you would like you to deliver the Rumana Health Wellbeing at Work Programme as an independent agent, please enquire about our franchise and licensing options.