



# Adopting a Wellness Approach at the Workplace



Putting in place a wellness approach program at the workplace helps the organisation to enhance employee's resilience and build organisational well-being. It empowers supervisors to apply effective strategies to support the mental well-being of their teams and to advise on the preventive and proactive techniques to tackle stress and burnout.



## The benefits of a Wellness Approach at the Workplace:



### Better employer & employee engagement

- Facilitates effective communication and trust
- Enhances interpersonal relationships
- Boost employees' morale and motivation
- Builds an interactive community



### Employees are fully engaged and committed at work

- Increased capacity to meeting deadlines
- Decision making and judgement are not impaired
- Deals are negotiated well
- Decreased liability and risks
- Improved quality work standards
- Increased quantitative output



### Decrease in Absenteeism

- Reduction in usage of medical leave
- Better teamwork and collaborative efforts
- Increased productivity and company turnover



## What You Will Learn:

- Personal reflection of self-care practices and quality of life
- Preventive and proactive techniques to tackle stress and burnout
- Strategies to support the mental health well-being of their teams
- Differences between duty of self-care and duty to perform
- Approaches to facilitate a well-being team plan
- Concepts to build insights around a culture of employee care across the organisation



## Who is this for:

Supervisors, human resource or anyone who wants to be empowered with tools and techniques to develop a well-being plan with your teams and boost team collaboration for better effectiveness at work and in their personal lives.

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