



Workplace Wellbeing – Theory, Strategy and Application for OH Teams

Join James Rind – Workplace Wellbeing Consultant – for two workshops in one exciting day.

In the first (morning) explore what Wellbeing in the workplace really is and how OH professionals can support / develop an optimal wellbeing strategy. You will discover the theories behind workplace wellbeing and why it is important for all aspects of the organisation.

The second (afternoon) shifts the focus to your wellbeing and gives you the tools to comprehensively appraise where you are. James will support you to develop your bespoke action list of interventions and achievable life-habit changes which will help to optimise your levels of day to day wellbeing.

By attending this training day you will:

- Gain a thorough understanding of what workplace wellbeing is and is not
- Feel more confident in developing or supporting your organisations wellbeing strategy
- Explore key workplace wellbeing theory such as behavioural change; wellbeing measurement; and physiological stress & relaxation responses
- Understand where your current wellbeing needs lie and to...
- Develop a practical and bespoke strategy to address those wellbeing needs
- Learn through first-hand experience tools and techniques to guide employees when considering their wellbeing

James Rind is a Workplace Wellbeing Consultant who has a clinical background as a Musculoskeletal Physiotherapist. He is passionate about workplace wellbeing and in particular inspiring individuals to positively change their wellbeing through defined and measured adjustments to their day-to-day behaviours.

James completed a MSc in Workplace Health & Wellbeing from the University of Nottingham and a Diploma in Wellbeing & Stress Management. He works with companies throughout the UK and is based in Cardiff.

One Day Training Course

9.30am – 4.30 pm

1hr for lunch

Maximum number of attendees: 15