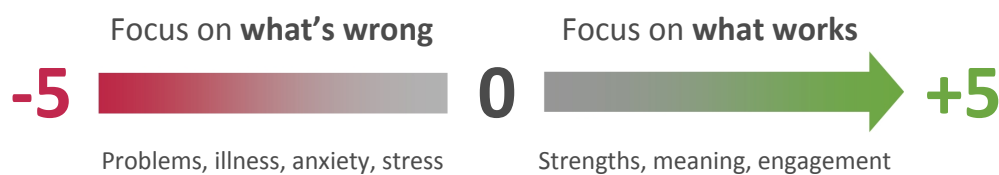


WELL-BEING AND RESILIENCE

Enhancing Well-being and Resilience makes good business sense

- Well-being has a **bottom-line impact**. This is more than just avoiding the costs of ill health; employees with high well-being have been shown to be **more productive**
- Well-being is about people's **minds** as well as their bodies. Psychological well-being is central to sustained employee **engagement and performance** as well as health
- Leading organisations are taking a **preventative approach**, by building **resilience** rather than just treating problems of stress, anxiety or depression when they occur
- There are evidence-based **practical skills** that all employees can learn to increase their well-being and resilience and help to create happier, higher-performing teams

A shift in focus: helping people to be at their best, not just fixing problems



This means taking proactive steps to enhance well-being, build resilience and help employees, teams and the organisation as a whole achieve their full potential

To find out more contact Vanessa King at happierworkplaces@actionforhappiness.org

ACTION FOR HAPPINESS

www.actionforhappiness.org

Doing Well from the Inside Out™

A unique new programme to build Well-being and Resilience

- Helps employees learn how to positively impact their own resilience, well-being and performance - and that of others in their teams and the wider organisation
- Evidence-based training, providing essential skills and tools through workshops, peer support and action - focused on things that are within the individual's control
- Key themes include: the case for well-being and resilience; building high quality relationships; resilient thinking; motivation and meaning; focusing on strengths
- Applicable at all levels within an organisation, with a delivery format that can be adapted to meet the needs of senior leaders, managers or individual team members

Doing Well from the Inside Out programme



- In a recent pilot with a major multi-national organisation, participants immediately applied the skills, both at work and outside work, and reported significant benefits

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