





# NEBOSH Working with Wellbeing



## Talk to NEBOSH about NEBOSH Qualifications

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or visit [www.nebosh.org.uk](http://www.nebosh.org.uk) to find out more.

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### NEBOSH

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NEBOSH, the National Examination Board in Occupational Safety and Health, is a world leading provider of Health, Safety, Environmental and Wellbeing qualifications.

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Globally recognised health, safety  
and environmental qualifications

# Healthy and well workers help to create healthy and well businesses. Attending this qualification can help you achieve this!

## Who's it for?

If you are looking to have a positive influence on wellbeing in your workplace, this qualification is a great choice for you. It is particularly relevant to HR specialists, Health and Safety professionals and those with people management responsibilities.

## What will I learn?

Based on research and best practice, Working with Wellbeing provides a holistic approach that is relevant for any sector, anywhere in the world. It covers:

- what 'wellbeing' is and why it matters
- the different factors that can positively and negatively impact wellbeing
- the benefits of achieving good worker wellbeing
- practical initiatives that can improve wellbeing
- how to measure the effectiveness of wellbeing initiatives.

The qualification introduces the concept of the NEBOSH 'Wellbeing tree' which considers six key areas of wellbeing - Interaction, Exercise, Mindfulness, Nutrition, Kindness and Learning.

Through your participation you will gain the knowledge and confidence necessary to positively influence employee wellbeing in your workplace.

## Advantages for employers

Investing in good wellbeing will bring benefits to your business as well as your workforce.

Research has shown that good wellbeing can:

- Reduce staff turnover
- Reduce sickness absence
- Reduce accidents and injuries
- Increase employee satisfaction and engagement
- Increase productivity.

Throughout the qualification learners identify initiatives that can make a real difference in your workplace.



## How is the qualification assessed?

The assessment checks your understanding and ability to apply what you have learnt to your workplace.

First you will review the strengths and weaknesses in relation to each area of wellbeing within your workplace.

Then you will produce a wellbeing intervention plan for your workplace, explaining how its effectiveness will be evaluated.

## How can I take the Working with Wellbeing course?

Details of NEBOSH Learning Partners throughout the world can be found on NEBOSH's website.

Please contact the Learning Partners directly to find out how their course will be structured.

## Where can I find out more?

Further details can be found here:

[www.nebosh.org.uk/workingwithwellbeing](http://www.nebosh.org.uk/workingwithwellbeing)