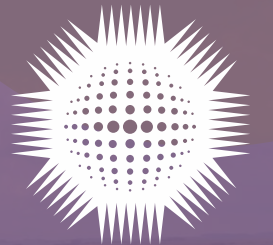


Working with Wellbeing - sample slides

- The following are sample slides from each of the three elements of the Working with Wellbeing syllabus
- The full version of the slides are accompanied by tutor notes and lesson plan.



nebosh

Element 1 Foundations of wellbeing

What is 'wellbeing'?

Activity

In one sentence, what do you think 'wellbeing' means in practice?



Definitions

“Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole”

New Economics Foundation (British think-tank that promotes social, economic and environmental justice).¹

Wellbeing is “the state of being healthy, happy, or prosperous; physical, psychological, or moral welfare”

Oxford English Dictionary
(published by Oxford University).²

“Well-being is a state of being with others, where human needs are met, where one can act meaningfully to pursue one’s goals, and where one enjoys a satisfactory quality of life”

ESRC Research Group
(Economic and Social Research Council).³



“Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life”

MIND (United Kingdom mental health charity).⁴

“Wellbeing is about feeling good and functioning well and comprises an individual’s experience of their life; and a comparison of life circumstances with social norms and values”

Department of Health and Social Care, UK Government.⁵



Element 2 The branches of wellbeing



Activity

Think about the possible benefits that each of the six branches could have on wellbeing explaining your reasoning.

Interaction

All our social interactions and relationships with those around us, this includes our:

- Social life
- Work
- Community.

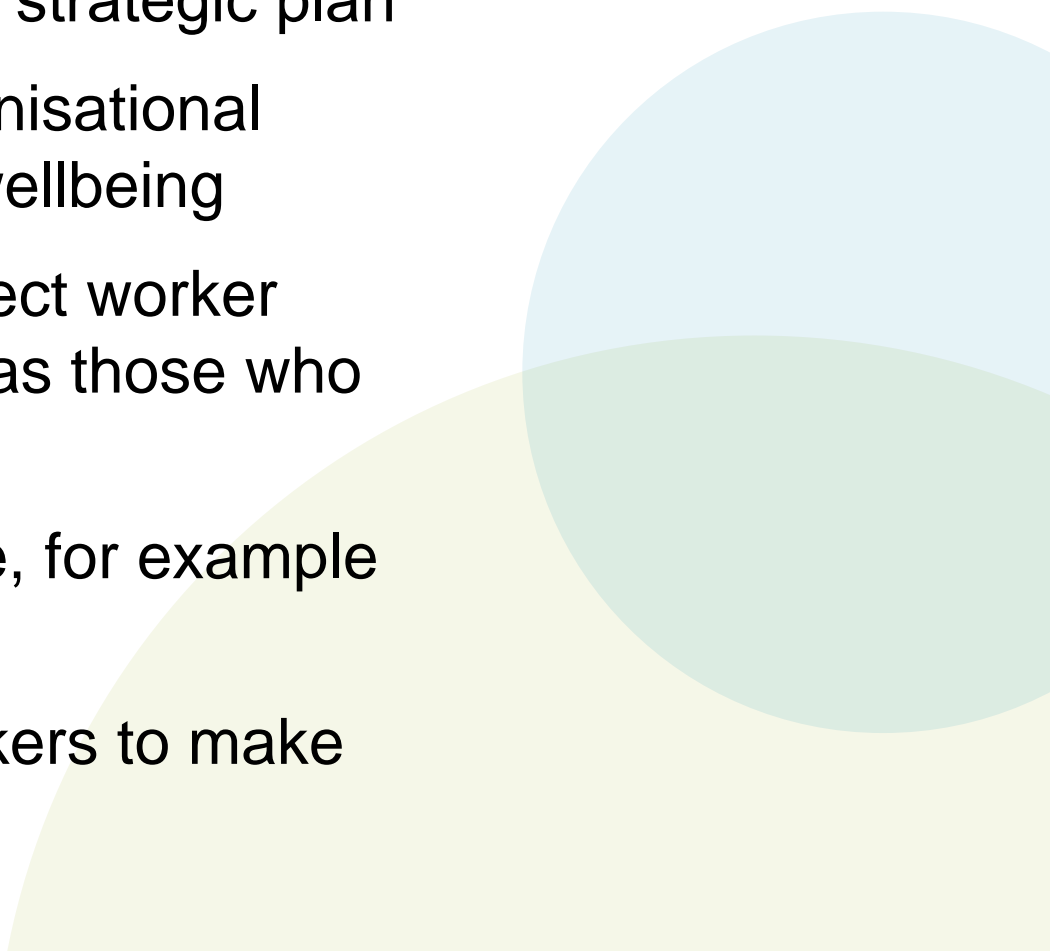




Element 3 Interventions in the workplace

Levels of intervention

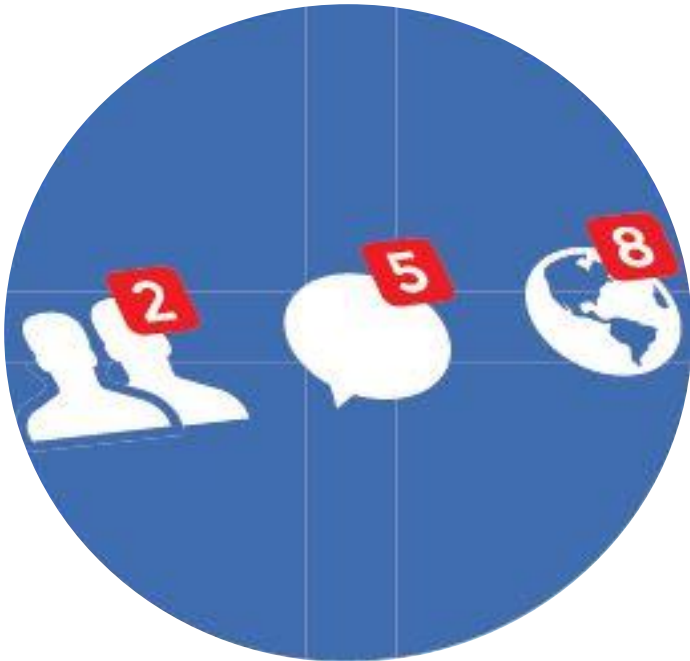
There are five basic levels:

- **Strategic** – high level, part of a organisation's strategic plan
 - **Policy** – involves changes to an existing organisational policy, or the creation of a new one to target wellbeing
 - **Organisation** – involve decisions that can affect worker wellbeing across the entire workforce as well as those who interact with the organisation
 - **Group** – directed at a specific group of people, for example a specific team
 - **Individual** – encouraging and motivating workers to make changes to their own behaviour.
- 

Case studies

Mobile network provider 'Three'

- Wellbeing strategy based around three key areas: Energise, Connect and Balance
- Wellness Wednesdays
- Wellness Fund for team wellness activities.



'Facebook'

- Encourage exercise with a fitness centre on the company's large site
- Fleet of company bikes for employees to use
- Allow employees to volunteer for community work.