

Working with Wellbeing

Assessment: Intervention Plan

Declaration: By submitting this assessment (Parts 1 and 2) for marking I declare that it is entirely my own work. I understand that falsely claiming that the work is my own is malpractice and can lead to NEBOSH imposing severe penalties (see the NEBOSH Malpractice Policy for further information).

Part 1 - Reflection

Reflect on your organisation's current workplace strengths and weaknesses in relation to each of the six branches of wellbeing using the table below:

	Strengths	Weaknesses	Tutor feedback
<i>Interaction</i>			
<i>Exercise</i>			
<i>Mindfulness</i>			
<i>Nutrition</i>			
<i>Kindness</i>			
<i>Learning</i>			

Part 2 – Intervention, justification, and evaluation

Intervention	Justification and evaluation	Tutor feedback
Choose 3 interventions to improve wellbeing, detailing the branch/branches of wellbeing each relates to.	<ul style="list-style-type: none">• Why have you chosen these actions?• How will you evaluate their effectiveness?	