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# Working with Wellbeing

## Qualification guide for learners



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# Qualification overview

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## Qualification key features

Unit prefix and title	<b>Unit WEL1: Working with Wellbeing</b>	
Assessment:	<b>Assessment Type</b>	<b>Assessment Time</b>
Unit WEL1	Practical assessment	Approximately 1 hour
Modes of study	Taught (face-to-face) Open, distance or eLearning	
Notional learning hours	Teaching time: 6 hours Assessment: 1 hour <b>Total: 7 hours</b>	
Qualification level	Informally levelled at SCQF Level 5 (equivalent to RQF Level 2)	
Entry requirements	None	
Recommended minimum standards of English	Equivalent to International English Language Testing System 5.0 or higher	
Languages available	English	
Pass standards	The minimum standard required for a Unit WEL1 'Pass' can be found in the "Unit WEL1: Working with Wellbeing, Guidance and information for learners and Learning Partners" document available from the NEBOSH website ( <a href="http://www.nebosh.org.uk">www.nebosh.org.uk</a> ).	
Qualification grades	Pass Refer	

# Qualification overview

## Who is the qualification designed for?

*Working with Wellbeing* is an introductory level qualification that looks at workplace wellbeing at both an individual and organisational level. This qualification is designed for those who wish to gain a greater understanding of workplace wellbeing and the factors which affect it. The qualification will also equip learners with the knowledge and understanding required to positively influence and evaluate levels of wellbeing in the workplace. This may include people that work in human resources, health and safety, occupational health or anyone with people management responsibilities. It is relevant to any business, in any sector, and to reinforce this point, we have included a wide range of real-life case studies.

## Benefits for you

The *Working with Wellbeing* syllabus and accompanying workbook are based on recognised research. When you have completed the qualification, you will:

- understand what wellbeing is and why it matters;
- understand how wellbeing can be improved (including use of the NEBOSH 'wellbeing tree'); and
- be able to intervene to improve wellbeing in your workplace.

The assessment brings this all together and involves producing an effective intervention plan to improve wellbeing in your own workplace.

## Benefits for your employer

When you achieve the *Working with Wellbeing* qualification, you will be a huge asset to your employer. You will be able to make a real difference by applying the knowledge, understanding and skills gained from the qualification to help evaluate and improve levels of wellbeing in your workplace. Investing in good wellbeing at work not only helps us as individuals but can also provide many benefits for your organisation, such as, increased productivity, reduced staff turnover and less absenteeism.



NEBOSH Wellbeing Tree

# Qualification overview

## Achieving the qualification

*Working with Wellbeing* has one assessment (see 'Qualification overview' for details on the assessment and the pass standard); you must achieve a 'Pass' in the unit to be awarded the qualification.

## Resubmitting the assessment

You can resubmit your assessment if you received a 'Refer' result. There is no limit on the number of times you can resubmit, however, you must register and pay the associated registration fee.

## Qualification grading and issue of qualification parchment

Once you have achieved a Pass you are normally considered to have completed the qualification and a qualification parchment will be issued, within **20 working days** of the result declaration date for the unit.

However, once the result of the qualification has been issued you have **20 working days** from the date of issue of that result to submit an Enquiry About Result (EAR) request. For details see the NEBOSH "Enquiries About Result (EARs) policy and procedures" document available from the NEBOSH website ([www.nebosh.org.uk](https://www.nebosh.org.uk)).

## Individual learner feedback

For more information on the assessment feedback provided for this qualification, please visit the

NEBOSH website: <https://www.nebosh.org.uk/faqs/how-can-i-gain-feedback-on-my-performance-to-assist-with-future/>

## Finding where to study

You can search for Learning Partners (the people that provide your training course) using the 'Where to study' tab on our website: [www.nebosh.org.uk](https://www.nebosh.org.uk). Note: when you have chosen your Learning Partner, it is best to check directly with them for up-to-date information on course dates.



# Syllabus

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## Syllabus summary, learning outcomes and assessment criteria

Element summary		Learning outcome	Assessment criteria
		On completion of this course the learner will be able to understand:	
1	Foundations of wellbeing	What wellbeing is and why it matters	Produce an effective intervention plan to improve wellbeing in the workplace
2	The branches of wellbeing; benefits and what this means in practice	How wellbeing can be improved	
3	Interventions in the workplace	How to use interventions to improve wellbeing in the workplace	