



SKILLS FOR GROWTH SME

# HEALTH & WELLBEING SPECIALIST

1 in 4 UK residents experience a mental health issue, so it is highly likely that at least 1 person in your workforce is suffering and you may not even realise it. There are definite links between workplace wellbeing and productivity levels, so raising a happy, healthy and resilient workforce is bound to have a positive effect on your business. Nurturing employee wellbeing is even more important during these uncertain times to help you retain, engage with and motivate your team, and create a bright future for your business.

## How we can help

Our Health & Wellbeing Specialists play a crucial role in helping you understand the more personal needs of your employees and tackle the productivity challenges that come with having a disengaged and disconnected workforce.

Together you will:

- Confront the concerns and challenges facing your employees
- Develop a bespoke health and wellbeing strategy tailored to your workforce
- Uncover new methods of communication and employee engagement
- Explore other areas of support available to your employees

17.9 million working days were lost in the 2019-2020 work year due to work-related stress, depression and anxiety, and those numbers are rising. Without it's people a business cannot function, so investing time and energy into the wellbeing of your team is of the utmost importance. Our Health & Wellbeing Specialists are here to support you in doing the best for your team, so that you can be a leader to look up to.

## STEP 1

### UNDERSTANDING YOUR EMPLOYEES' NEEDS

You will work closely with our Health & Wellbeing Specialists to understand the issues faced by the wider UK workforce and unpack the specific concerns relating to your team.

## STEP 2

### DEVisING A WELLBEING STRATEGY

We will help you to explore remote team building exercises to use during the pandemic, devise strategies and tactics to optimise communication, help you understand and raise employee voice, and to access fully funded training courses to equip you with the right knowledge to implement positive changes to the work environment.

## STEP 3

### MAKING POSITIVE CHANGES

With the right knowledge and tools, you will be confident and capable of re-engaging your employees and boosting employee wellbeing in your workforce.

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