

## Leading wellbeing

### Leading the Wellbeing Agenda – Training workshops for HR, Health and Safety, and Occupational Health staff

**The Stress Clinic provides training for staff engaged in HR, Health and Safety and Occupational Health in leading the Wellbeing Agenda**

Our training workshops are designed to provide practical advice in leading the Wellbeing Agenda, including how to persuade managers of the benefits of wellbeing at work. Content varies and is subject to agreement with you, our client. We are happy to pilot courses to ensure that they will be effective for your organisation. Please note that we can also provide coaching, clinical and risk assessments, independent investigation, and other individual interventions if required.

Please call me, Derek Mowbray, on 01242 604 271, or email me [derek.mowbray@psychologistsdirect.org](mailto:derek.mowbray@psychologistsdirect.org) for information, quotes and to discuss your specific requirements.

*The Wellbeing Agenda is gathering pace with more people understanding that wellbeing at work results in greater than expected performance and achievement for the organisation. However, there are many places where the Wellbeing Agenda remains an idea, yet to be turned into practical advantage.*

#### Headline content:

- The evidence
- The Law
- Government and business initiatives
- Steering Group ToR
- Strategic plan
- Influencing managers and employees
- Surveys
- Policies and procedures
- Training and development
- Action plan
- Key helpful resources

#### Major benefits:

- Structured approach to Wellbeing at Work
- Comprehensive and expert knowledge of facilitators
- Support available at every stage.
- Reduction in sickness absence, staff turnover and presenteeism
- Improved performance.
- Employer of Choice
- Increased market share.
- Improved client loyalty
- Improved staff engagement, commitment and involvement.

**Dr Derek Mowbray is widely recognised as an expert in stress control and the prevention of stress. He contributes regularly to HRZone and the HSE blog. His national presentations to the NHS Employers in 2008 and to the annual conferences of the International Stress Management Association in 2008 and 2009 were praised for their clear sense of direction in preventing and controlling stress.**

**Derek Mowbray is visiting Professor in Psychology, an Independent Technical Expert for the European Commission, an Expert Witness in Stress Management, and an experienced top manager in the public, private, education and voluntary sectors.**

With partner, **Alan Bradshaw**, also widely recognised as an expert in stress control and the founder of In Equilibrium, they have set up *The Stress Clinic* to provide organisations, managers and employees with services that prevent stress and enhance well-being at work.

The Stress Clinic is the trading name of The Stress Clinic Limited. Registered in England and Wales No: 06977186.

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