Supporting Workplace Health and Wellbeing

Health and wellbeing at work has never been more important and the demands on employers to support their people have never been greater. That's why we've created a programme of health and wellbeing content and events to support you. From line manager and HR team training and resources, to trusted information that helps your people be more in control of their health. All backed by the clinical expertise of Bupa.

Bupa. Better for business

January – March

Building Healthier Workplaces

An engaged, productive and successful team starts with good health and wellbeing. We'll explore how employers can use their unique role in their employees' lives to help them be more in control of their health. From safer working at home, to addressing unsafe drinking or poor diet.

- Behavioural insights in the workplace.
- Addictive behaviours.
- Safer workplaces everywhere.
- Sustainability

April – June

Winning the War for Talent

Never has competition been fiercer to attract and retain the best talent in your company. With health and wellbeing at work being an increasingly important driver for people, we will look at how to create a culture that supports this.

- Critical role of line manager & leader.
- Benefits of a culture of inclusion.
- Multi-generational workforces.

July – September

Diversity Dividend

It is being recognised more and more that diverse organisations consistently outperform their less diverse counterparts.[1] Increased diversity brings with it different health and wellbeing needs across your workforce. We will delve into how those varying needs can best be met.

- The value of a neurodiverse workforce.
- Minority health and wellbeing needs.
- Addressing ableism in the workplace.
- Women's and men's health.

October – December

Building Productivity through Wellbeing

When your teams feel safe and in good mental health this often leads to better agility and resilience through change. It also supports an environment of innovation and productivity that is crucial in disruption. We'll explore how you can support the resilience and wellbeing of your people.

- Building resilience for disruption.
- High performance anxiety.
- Managing absenteeism.

[1] https://www.mckinsey.com/featured-insights/diversity-and-inclusion/diversity-wins-how-inclusion-matters