

# gipping

occupational health  
and wellbeing



## Health & Wellbeing Programmes - Promotion, Advice and Training

Encouraging employees to proactively manage their health and wellbeing and maintain a healthy lifestyle will have a positive impact on your organisation, including reducing absence and improving staff engagement. From a wide variety of training workshops, events and activities or individual consultations, we can raise awareness about health and wellbeing in the workplace.

We start by consulting with you to understand your needs to enable the most effective approach in managing and promoting a positive health & wellbeing culture within your organisation. Depending on your needs we can deliver and facilitate our services through a number of different methods / formats.

We cover many health issues such as, dealing with stress, the importance of good nutrition and exercise, themed healthy lifestyle events and workshops plus training on occupational health and safety awareness, manual handling, first aid and positive attendance management.

Examples of some of the themed activities and events we can provide are:

### Health & Wellbeing Days / Events

Include mini health checks, health & wellbeing employee questionnaire, advice & signposting.

### Themed Workshops

Half day or full day workshops for management teams and employees, such as:

**Health & Wellbeing management** - developing & managing a healthy culture in the workplace.

**Stress Management** - a training workshop for managers, to help identify causes of stress in the workplace and how to manage and reduce stress effectively.

**Coping Under Pressure** - a workshop for employees to highlight the common causes of stress and associated symptoms, providing useful tools & tips to enable individuals to cope more effectively with the pressures of work and life.

**Coping With Winter** - a workshop that looks at how best to cope with and beat the winter blues, with the focus on seasonal health issues, the physical, mental and emotional demands of the winter months. The workshop will provide useful, practical advice and tools for participants to use.

**Food & Mood** - looking at how and what we eat & drink can affect us both physically and mentally. Introducing tools & tips to help improve diet, energy levels and mood, all of which can lead to a more productive and healthy life.

Our workshops can be adapted or designed to meet your specific requirements.

In addition to the workshops and events we offer we also provide additional services such as **coaching and counselling**.

For further information about our Health & Wellbeing programmes please contact us on **01449 766913** or email **[advice@gipping.co.uk](mailto:advice@gipping.co.uk)**

We look forward to hearing from you.