

# Health & Wellbeing in the workplace

Creating happy, engaged, productive teams



# Welcome to Forrest Health & Wellbeing

Investing in your employees' health and wellbeing is vital for the success of any company. Happy employees equal productive employees.

Staff who are stressed, run down, disillusioned or marginalised will not only exude lower morale but could also lead to higher employee turnover and recruitment costs.

Employee health and wellbeing programmes were traditionally the preserve of larger companies and initially viewed as 'job perks'. However, embedding an employee health and wellbeing strategy that encourages optimal physical and mental health is now proving to be on most business owners' radar. To promote this, Forrest Health & Wellbeing offer two bespoke programmes, delivered by industry experts, to help business owners support their employees in all aspects of life and encourage positive engagement within the workplace.

Our unique approach is inclusive and collaborative, working closely with businesses and their staff to understand their needs and wishes to build an individually tailored health and wellbeing programme that will have a positive impact on internal engagement.

**Two transformative programmes, delivered by industry experts.**

**#1**

Introduction to Health & Wellbeing

**#2**

Health & Wellbeing Champion

# Introduction to Health & Wellbeing

This introductory programme will give you and your staff an understanding of Health & Wellbeing in the workplace, providing you and your team with tools to achieve better mental and physical health, both at home and at work.

The programme is based around our unique six-step approach starting with research, moving to analysis and resulting in subsequent recommendations of short-term health and wellbeing initiatives that can be implemented by the business to make a positive impact on the overall health and wellbeing of staff.

***“The whole package was impressive - with so much thought and research.”***

Denise Airey, Director, Airey Miller



***“The programme is based around our unique six-step approach.”***



## Our six-step approach



Step 1  
Interview



Step 2  
Survey



Step 3  
Review



Step 4  
Recommend



Step 5  
Implement



Step 6  
Track & Measure

# Health & Wellbeing Champion

The Champion Programme is for employers who not only take the Health & Wellbeing of their staff very seriously but are "Champions" in this field and proudly want to promote their dedication to their staff and future employees, incorporating the concept as part of their core values.

This holistic programme supports your employees' professional and personal lives, providing education and support in areas that are known to cause stress and anxiety to improve confidence and both physical and mental health and wellbeing.

Upon starting the programme, the business will be provided with a selection of branded logos to display on their website, social media and any other relevant marketing or advertising materials.



***A 12-month process to embed Health & Wellbeing as a core part of your business.***



The programme includes activities, presentations, workshops, demonstrations, medical tests and competitions plus access to online support tools.



Health & Wellbeing Manager



Health & Wellbeing Portal



Desk Assessments



Medical



Financial Advice & Planning



Will Writing & Estate Planning



Health, Fitness & Nutrition



Mortgage Clinics



Workshops & Training

**Contact us for a  
no-obligation chat  
and quote or to request  
the full Forrest Health  
& Wellbeing brochure**

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Forrest Health & Wellbeing is part of the Forrest Group. It sits alongside ForrestHR and Forrest Training Academy, which together offer the full suite of support, tools and guidance required to grow your business through effective, positive and productive people management.

