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| **Title of Workshop: Making wellbeing everyone’s business - building your appetite for workplace wellbeing** |
| **Objectives**To make workplace wellbeing ‘business as usual’.Adults spend a third of their day at work which highlights the significance of employment as a determinant of health. Workplaces are therefore an opportune habitat to implement health improvement principles and practices to positively influence the health and wellbeing of staff, their whānau/families, and communities.Workplaces have significant impacting factors that lend themselves to health improvement, including: established communication systems; scope for peer support; ability to influence the whole workplace at organisational, environmental and individual levels; and barriers to participation (cost, time, travel) are often low. The workplaces team are working in partnership with employees and employers to ensure equitable opportunities and conditions in employment. We advise and support both employers and employees to actively work at changing the physical environment and culture of their workplace to make it safe, health promoting and inclusive.**Format**Following introductions ideas about workplace wellbeing will be brainstormed in smaller groups. Participants will then be guided through a self-assessment of their own workplace habitat, with the aim of identifying areas of wellbeing they are currently contributing to, and prioritise areas for future focus.Case studies of organisations that have started their wellbeing journey will be presented, to illustrate ‘simple to implement but big impact’ ideas that have positive health and wellbeing outcomes. These case studies will also be used to raise potential barriers to wellbeing programmes such as where speed bumps have occurred in the wellbeing journey.Participants will then have the opportunity to create a simple plan of ‘first steps’ to possible changes within their workplace habitat. Information will be shared on where to access resources and support.**Learning goals**Participants will gain an understanding of:Workplace health and wellbeing benefits for employees and employers.Processes to carry out a stocktake and assess readiness of organisation to undertake a wellbeing programme based on current practice, resources and appetite for change.Fundamental elements in creating inclusive, successful, safe and sustainable wellbeing habitats regardless of industry, size, or structure.Potential speed bumps in the wellbeing journey and ways to mitigate these risks.Support available to help implement a workplace wellbeing program and how to access it. |