

MANAGING YOUR WELLBEING AT WORK



Are you interested in improving your wellbeing at work, and helping to promote a healthier, more supportive workplace?

Join us for a free, 1 hour, online wellbeing workshop

WHY PARTICIPATE?

The workshop encourages those who participate to focus on how they can proactively take greater control of their own health and wellbeing in and out of work settings, to prevent ill health and improve their general wellbeing

The workshops provides an opportunity to focus on developing self-management strategies to support wellbeing now and into the future

HOW TO REFER

- Self refer
- Refer someone else, with consent


TOPICS COVERED INCLUDE:

- Understanding what impacts on wellbeing both in work and outside of work
- Approaches on how to effectively communicate our needs at work
- Practice self-management techniques to help stay well at work
- Ways to create a more positive work-life balance
- Awareness of local support options available

WHO CAN ACCESS WORKSHOPS?

- Aged 18 - 66
- **And any of the following:**
 - Employed within the Wakefield district
 - Live within the Wakefield district
 - Registered with a Wakefield district GP

CONTACT US

 01924 255363

 www.livewellwakefield.nhs.uk

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Working
Life

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 **Live Well**
Wakefield