



Working with Wellbeing

COURSE DURATION: **8 Hours**

NEBOSH

Course Overview

The NEBOSH Working with Wellbeing course is a specialized training program designed to help employers, managers, and HR professionals understand the importance of workplace wellbeing and how to implement effective strategies to support it. This course focuses on creating a positive work environment that promotes employee health, happiness, and productivity.

This course is an essential qualification for anyone looking to improve workplace culture and ensure the health and happiness of their employees. It provides practical tools and strategies that can be implemented immediately to make a positive impact on wellbeing in the workplace.

Course Audience:

- Managers, supervisors, and HR professionals who are responsible for employee wellbeing.
- Business leaders looking to improve workplace culture and boost employee engagement.
- Health and safety professionals who want to integrate wellbeing into their safety management practices.
- Individuals interested in promoting mental and physical health in the workplace.



Course Learning Outcomes

On completion of this course the learner will be able to understand:

- What wellbeing is and why it matters;
- How wellbeing can be improved;
- How to use interventions to improve wellbeing in the workplace.

Globally recognised health, safety and environmental qualifications

Course Benefits

■ Enhanced Employee Wellbeing

Participants learn how to create a workplace that supports the overall wellbeing of employees.

■ Improved Organizational Performance

Organizations can benefit from increased productivity, reduced absenteeism, and higher employee retention.

■ Legal Compliance

Helps ensure that the organization meets its legal obligations regarding employee wellbeing.

■ Positive Workplace Culture

Contributes to a healthier, happier, and more engaged workforce.

Course Structure:

The NEBOSH Working with Wellbeing course is structured into three key units:

1. Foundations of Wellbeing
2. The Branches of Wellbeing – Benefits and What it means in practice
3. Intervention in the workplace

Assessment:

■ Practical Application:

Participants may be required to develop a wellbeing action plan for their workplace as part of the assessment.

Global Recognition:

The NEBOSH Working with Wellbeing course is globally recognized, making the certification valuable for professionals and organizations worldwide.