



TRAINING THAT DEVELOPS
REAL CAPABILITY



NEBOSH Working with Wellbeing

LPD027

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Wellbeing is important to us all; our everyday work and private lives place demands upon us that can impact on our levels of wellbeing. Investing in good wellbeing at work not only helps us as individuals but can also provide many benefits for the organisations we work for, such as increased productivity, reduced staff turnover and less absenteeism.

NEBOSH Wellbeing Tree



This program looks at what 'wellbeing' is in practice and the different factors which can influence this in both positive and negative ways. The benefits of good worker wellbeing are discussed, along with the many practical ways in which this can be improved. You can be confident that this program will help you make a difference. The content is based on recognised research and includes activities and case studies to help you apply tried and tested interventions to transform wellbeing at work.

Duration & Price

Duration: 1 day

Public Virtual Training: €350 + €80 fees

Delivery mode: This programme is available In-Company, and via Public Virtual Training

Dates & Locations

Date

Venue

Coming Soon. Please [contact us](#) to receive notification of next Public Virtual Training Dates.

In-Company Training

Please [contact us](#) for more information on our In-Company training options

What's covered?

Based on research and best practice, NEBOSH Working with Wellbeing provides a holistic approach that is relevant for any sector, anywhere in the world. It covers:

- what 'wellbeing' is and why it matters
- the different factors that can positively and negatively impact wellbeing
- the benefits of achieving good worker wellbeing
- practical initiatives that can improve wellbeing
- how to measure the effectiveness of wellbeing initiatives.

The qualification introduces the concept of the NEBOSH 'wellbeing tree', which considers six key areas of wellbeing - Interaction, Exercise, Mindfulness, Nutrition, Kindness and Learning. Through your participation you will gain the knowledge and confidence necessary to positively influence employee wellbeing in your workplace.

Who should participate?

If you are looking to have a positive influence on wellbeing in your workplace, this qualification is a great choice for you. It is particularly relevant to HR specialists, Health and Safety professionals and those with people management responsibilities

What will I learn?

Based on research and best practice, Working with Wellbeing provides a holistic approach that is relevant to any sector, anywhere in the world. By the end of this program, you will;

- understand what 'wellbeing' is and why it matters
- understand the different factors that can positively and negatively impact wellbeing
- know the benefits of achieving good worker wellbeing
- have awareness of the practical initiatives that can improve wellbeing
- know how to measure the effectiveness of wellbeing initiatives.

What are the entry requirements?

There are no entry requirements for this qualification. It is important that learners have a suitable standard of English language in order to understand and articulate the concepts contained in the syllabus. NEBOSH recommends that learners undertaking this qualification should reach a minimum standard of English equivalent to an International English Language Testing System (IELTS) score of 5.0 or higher in IELTS tests.

How will I be assessed?

The Working with Wellbeing assessment is made up of two parts:

Part 1 – reflect on, and provide brief details of, your organisation's current strengths and weaknesses in relation to each branch of the NEBOSH 'wellbeing tree'.

Part 2 – produce an intervention plan. Choose and describe three interventions to improve wellbeing in your workplace; you must provide a justification for each choice and details of how you could evaluate each intervention's effectiveness.

This assessment will measure your ability to demonstrate what you have learned and how you intend to apply this learning in your workplace.

Programme accreditation

On successful completion of assessments, delegates will receive a NEBOSH Working with Wellbeing Award

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on [CourseCheck.com](https://www.coursecheck.com), an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



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