



THE SEMINAR SERIES THAT WILL REVITALISE WELLBEING, HEALTH AND HAPPINESS

A substantial one in four employees says they feel unhappy at work.¹ Add to this the problem of deteriorating physical, mental and social health in the workplace and the situation begins to look dire.

It's estimated that related issues such as absenteeism, presenteeism, leaveism, and employee turnover contribute to a whopping £35 billion cost to UK employers.² Yet, whilst the negative impact of poor health and happiness in the workplace is widely reported, organisations still seem to be grappling with their wellbeing agendas - assuming they even have one!

Health and Happiness Bandits

Change

A big culprit fuelling this situation is the sheer scale and pace of change. Often, when organisations are confronted with highly fractious business environments they overlook the human factor in their race to respond commercially. This pressure can result in inadequate management practices, bad decision making and poor communication which have regrettable people costs in terms of health and wellbeing.

Managers

Managers have an important role in the health and happiness of their employees. In fact, it's a double-edged sword: People are more likely to be unhappy at work if they don't like their boss but they will also be unhappy at work if they don't enjoy their job, and in part this boils down to the manager not really understanding what their employees are good at and what motivates them. In fact, according to the 2018 Workplace Happiness Report, 21% of people said that their managers don't care about whether they are happy at work yet 20% said that if they did receive increased recognition this would have a positive impact on their morale.¹

Technology

Technology has transformed the way business gets done and has connected us 24-7 on a global level. It has created opportunities for much greater levels of flexible working which is said to contribute to happiness. On the downside, however, technology has enabled work to creep into all aspects of life blurring the line

between work and home. Left unchecked, this inability to 'switch off' can cause feelings of stress and overwhelm that can lead to much bigger health issues.

Don't Worry Be Happy

The good news is that organisations can take steps to provide support on a practical and emotional level that will revitalise wellbeing, health and happiness at work whatever the circumstances. In fact, a recent CIPD survey reported that organisations that had health and well-being activities in place experienced positive results, including better employee morale and engagement (44%), a healthier and more inclusive culture (35%), and lower sickness absence (31%).³

That's why Notion has launched a brand new seminar series to help managers create happier and healthier workplaces.

They have been designed to be fully flexible and can be delivered in short bite-sized interactive sessions virtually, ranging from one to three hours, or in more traditional half-day workshops.

The sessions cover a range of content for managers looking for strategies to overcome issues such as coping with change, managing stress, mindfulness, resilience and dealing with overwhelm on top of a whole host of other subjects that provide the foundations for a healthy and happy workplace.

So stop worrying about wellbeing and let Notion give you the tools to help everyone be happy and healthy at work.

To find out more about our Wellbeing and Happiness Seminar Series [click here](#) or call us on +44 (0)1926 889 885 for an informal chat about how to support your wellbeing agenda at work.

¹<https://worldhappiness.report/ed/2019/>

²<https://www.centreformentalhealth.org.uk/news/mental-health-problems-work-cost-uk-economy-ps349bn-last-year-says-centre-mental-health>

³https://www.cipd.co.uk/Images/health-and-well-being-at-work_tcm18-40863.pdf

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