

NEBOSH Working with Wellbeing

Introduction

Working with Wellbeing is an introductory level qualification that looks at workplace wellbeing at both an individual and organisational level. This qualification is designed for those who wish to gain a greater understanding of workplace wellbeing and the factors which affect it. The qualification will also equip learners with the knowledge and understanding required to positively influence and evaluate levels of wellbeing in the workplace.

This may include people that work in human resources, health and safety, occupational health or anyone with people management responsibilities.

It is relevant to any business, in any sector, and to reinforce this point, we have included a wide range of real-life case studies.

Course Objectives

When you have completed the qualification, you will:

- understand what wellbeing is and why it matters;
- understand how wellbeing can be improved
(including use of the NEBOSH 'wellbeing tree')
- be able to intervene to improve wellbeing in your workplace.

Course Outline

WEL1 – Working With Wellbeing

Element 1 - Foundation of Wellbeing

Element 2 – The branches of wellbeing; benefits and what this means in practice

Element 3 – Interventions in the workplace

Duration: 1 Day Course

Assessment: The Working with Wellbeing assessment is made up of two parts which should not take any longer than 60 minutes to complete

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.

Results are provided within 24 working days of the date assessment.

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