



More than fresh fruit on Fridays

Workplace wellbeing for happy people

Wellbeing means much more than fresh fruit on Fridays. Quick wins are great, but at PES, we believe it makes commercial sense to build a positive, productive culture. Happy people mean happy business.

Our workplace wellbeing experts can help to boost your organisation's wellbeing with a simple, three-step approach.

What does our workplace wellbeing team offer?

- **Check, plan, deliver:** a three-stage strategy to make sure that the health and wellbeing of your employees helps to achieve your business goals.
- **Check:** a company-wide wellbeing audit based on clear-headed analysis. Audits include:
 - focus groups and questionnaires to discover what could make working life better
 - research-led, validated questions from the Health and Safety Executive and Public Health England
 - benchmarking to show how your organisation's wellbeing compares to the national average.
- **Plan:** a detailed plan which builds wellbeing into the DNA of your business. This is based not just on the activities that your employees appreciate, but focuses on the key areas which will make the biggest impact on their wellbeing.
- **Deliver:** delivery on all or any aspect of the plan using our own in-house expertise or our extensive network of wellbeing specialists.



PES

What else can you expect from us?

- Wellbeing workshops on a range of topics including:
 - Building resilience
 - Building resilience for managers
 - 5 ways to wellbeing
 - Mindfulness
 - Wellbeing for your leaders
- Mental Health First Aid courses endorsed by Mental Health First Aid England
- A range of shorter courses on mental health awareness
- Mental health awareness for workplace champions

Linking wellbeing to employee benefits

We can also help you make the most of your health and wellbeing employee benefits - so that the hidden wellbeing 'gems' that you already pay for are fully used.

What will you gain?

- ✓ A comprehensive understanding of how to build a healthy culture.
- ✓ Improved productivity and reduced absenteeism with happier, healthier employees.
- ✓ Saved time on workshop search, development and delivery.
- ✓ Better value for money through our network of carefully-vetted wellbeing practitioners.

We'd love to hear from you

To find out more about wellbeing or any of our other services, or for a free, no-obligation demonstration of our employee benefits platform **happypeople**, please get in touch or visit our website.



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