

Wellbeing Weather Check

What is it?

This is a two-week curated conversation between 5-60 volunteers from your organisation, overseen and moderated by our clinical lead, Dr Lauren Callaghan.

This course is aimed at:

- This course is aimed at employers looking to pinpoint any issues within their workforce, and implement an effective action plan to either rectify issues, or prevent them from arising.

How is it delivered?

These conversations are conducted online, any time and via any device. There is no set platform.

How do you complete the course?

Once conversations are complete, Shawmind will provide a comprehensive report on their findings, along with a recommended action plan. We will work with you to help implement this into your organisation and ensure our guidance is generating positive results.

Course Outcomes

Outcomes of the Wellbeing Weather Check are:

- You are able to identify exactly where issues are within your organisation, e.g. high stress levels in finance department, high levels of presenteeism in HR etc
- We are able to create a bespoke action plan, tailored just to your organisation that will help to drastically improve mental wellbeing in the workplace, and also improve productivity amongst staff.

Cost

Contact us for pricing

enquiries@shawmind.org or call **01636 600830**