'Nurturing Individuals and Building Strong Teams'

T-A-B Think Act Be
Training Solutions

Level 3: Champion Training

Wellness 'Champions' in the Workplace



1 day / 2x half day | Contribution to CPD hours | Virtual or face-to-face | Bespoke to organisation

COURSE BENEFITS

- Empower inspired individuals prepared for the Wellness Champion Role
- Foster a culture that encourages organisational cohesiveness and team morale
- Gain knowledge and techniques to make a positive impact on employee health & wellbeing
- Devise an actionable Wellness Strategy for the next 12 months.

Course Overview

Throughout the course, your team will:

- Gain an understanding of the importance of the Wellness Champion Role
- Acquire insights into the tools and techniques that can support overall Wellbeing of both the individuals and the organisation.
- Devise a practical plan to create a healthier and more productive work environment

What's Covered?

- **Understanding workplace wellness**
- **Creating a Bespoke Wellness Action Plan**
- **Implementing Wellness Initiatives**
- **Employee Engagement & Support**
- **Measuring Success and Continuous Improvement**



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Bespoke to YOU

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'Wellness in the Workplace' - available in L1, L2 & L3