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“Nurturing employee wellbeing is the cornerstone of a thriving workplace.”

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Employee Wellbeing

CHECKLIST

- Recognise and reward your employees for their contributions to the company and for fostering a culture of wellness.
- Develop a list of goals for your company's wellness program. Outline the desired outcomes, the benefits offered, and the delivery methods (e.g., healthcare plans, counselling, gym membership discounts).
- Collect employee feedback on wellbeing through surveys and analyse the data to identify organisational needs.
- Foster a positive and inclusive environment by encouraging employee engagement and participation in company-wide wellness initiatives.
- Promote regular physical activity among employees, such as walking, cycling, or going to the gym.
- Offer ergonomic equipment, such as adjustable desks and chairs, to enhance comfort, prevent injuries, and support an inclusive workspace.
- Ensure employees can take time off for vacations, parental leave, mental health days, and sick days to support their well-being and work-life balance.
- Provide resources and opportunities for employees to manage stress, such as yoga or meditation sessions virtually or in person



Promote a Healthy Work Environment With These Extra Tips

- Maximise access to natural light and outdoor views by incorporating large windows and an open floor plan, enhancing mood, concentration, productivity, and reducing stress and fatigue.
- Support a healthy work-life balance by offering flexible work arrangements and paid time off.
- Conduct regular check-ins with employees to discuss their well-being and provide necessary support.
- Foster a workplace culture where employees can take breaks without guilt.
- Create a safe and supportive work environment where employees feel valued and respected.



Need help revamping your employee wellbeing strategy or organising team-building activities? Contact The Balanced Office today for a tailored workplace wellness approach that enhances morale, fosters collaboration, and supports overall employee well-being!

