

Living Well Workplaces



Employers play a vital part in creating a work environment that supports their teams' wellbeing. Living Well Workplaces aims to inspire and support employers to invest time and care to support staff wellbeing. Caring, supportive workplaces help staff to be healthier and happier, with evidence that healthier teams can be more productive at work, and have fewer sick days.

What is Living Well Workplaces?

Living Well Workplaces is a bespoke programme designed to work closely with businesses' to develop changes in the workplace, changes that will make a difference to your staff's wellbeing and your organisation as a whole. Our flexible step by step approach means that any size and every kind of workplace can benefit. We will work with you to help identify changes within 4 different promise areas.

Promise Areas



Move More



Eatwell



Breathe Better



Mental Wellbeing

How Can We Support?

Surveys to identify areas of support



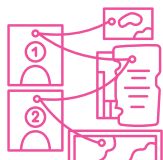
Outcomes, monitoring and evaluation



Profiling tools



Evidence based support framework



Why Get Involved?

- Inclusion into Bradford's health improvement infrastructure.
- Shows commitment to improving working environment.
- Support staff to be healthier, more motivated and productive.
- Enhanced reputation and increased profile as an employer.
- Receive free training courses, resources and relevant information
- Help reduce staff sickness and increase staff retention.

Useful Links:

[Living Well Workplace Website](#)

[Sign Up to Our Newsletter Here](#)

[Living Well Workplace Resources](#)

[Interested in the Living Well Workplace programme. Enquire here](#)

