

# A Brief Guide to Workplace Wellbeing

A guide to looking after your workforce

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Provide a Workplace Wellbeing Support Service to development trusts in our Scotland network.



# What will we cover?

- ➔ Icebreaker: Wellbeing Bingo
- ➔ What is Workplace Wellbeing?
- ➔ Why is Workplace Wellbeing important?
- ➔ How to look after your workforce

# Icebreaker: Wellbeing Bingo

Spend the next 10 minutes getting to know each other while playing BINGO.

Get chatting and find out if you can fill each space on your bingo card!

# Icebreaker: Wellbeing Bingo

Is there anything from the bingo card that you find really challenging to put in place?

# What is Workplace Wellbeing?

➔ The physical, emotional and mental state of your workforce.

➔ Being committed to taking practical steps to support your staff.

And most importantly...

➔ Listening to your staff.

# Why is Workplace Wellbeing important?

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➔ Preventing stress and avoiding burnout

➔ Happy employees

➔ Safe and supportive environment

➔ Lower staff turnover



**What does good workplace  
wellbeing look like?**

# How to look after your workforce

## **Having conversations**

Communication is key!  
Having open and honest conversations with your staff can have a huge positive impact on your organisation.

## **Staff engagement activities**

Getting your staff involved in some engagement activities can provide alternative ways to get together, share ideas and hear from each other in a different way.

## **Policies and procedures**

Ensuring your policies and procedures are up to date can have a huge impact on your staff.



**Development  
Trusts Association  
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**Are there any actions that you  
can take away from today?**