

WORKPLACE WELLBEING LEADERSHIP

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SAIOSH

26th August 10.00am

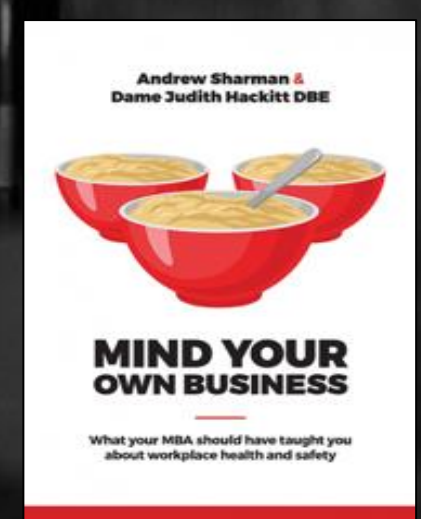
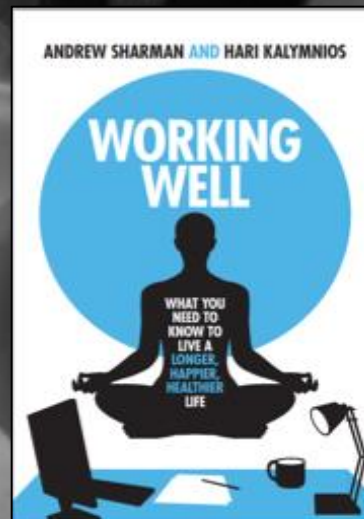
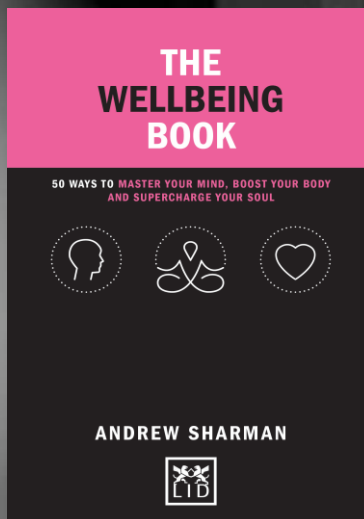


Working with organizations spanning all industry sectors in more than 130 countries, supporting Safety Culture, Behavioural Change, Leadership Strategy, Risk Management, Wellbeing & Performance Improvement.

Wellbeing and me



THE INSTITUTE OF
LEADERSHIP
& MANAGEMENT



Wellbeing...



1. What's the **problem**?

2. What's the **opportunity**?

3. How do we drive **success**?



The Problem

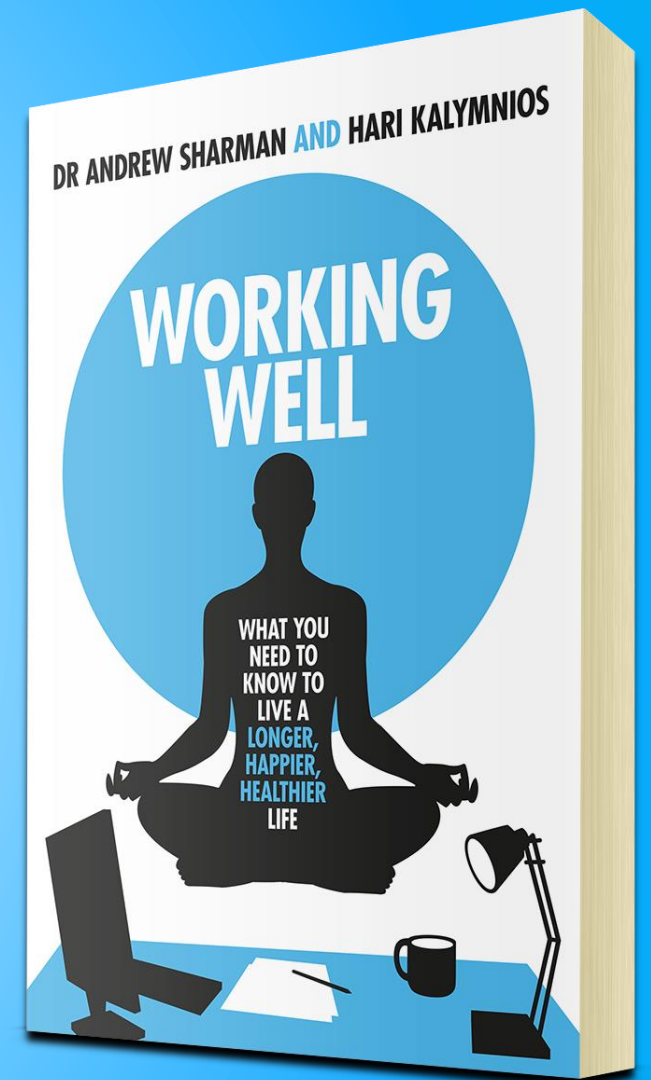
Cardiovascular disease

Cancer

Diabetes

70%

Chronic lung disease



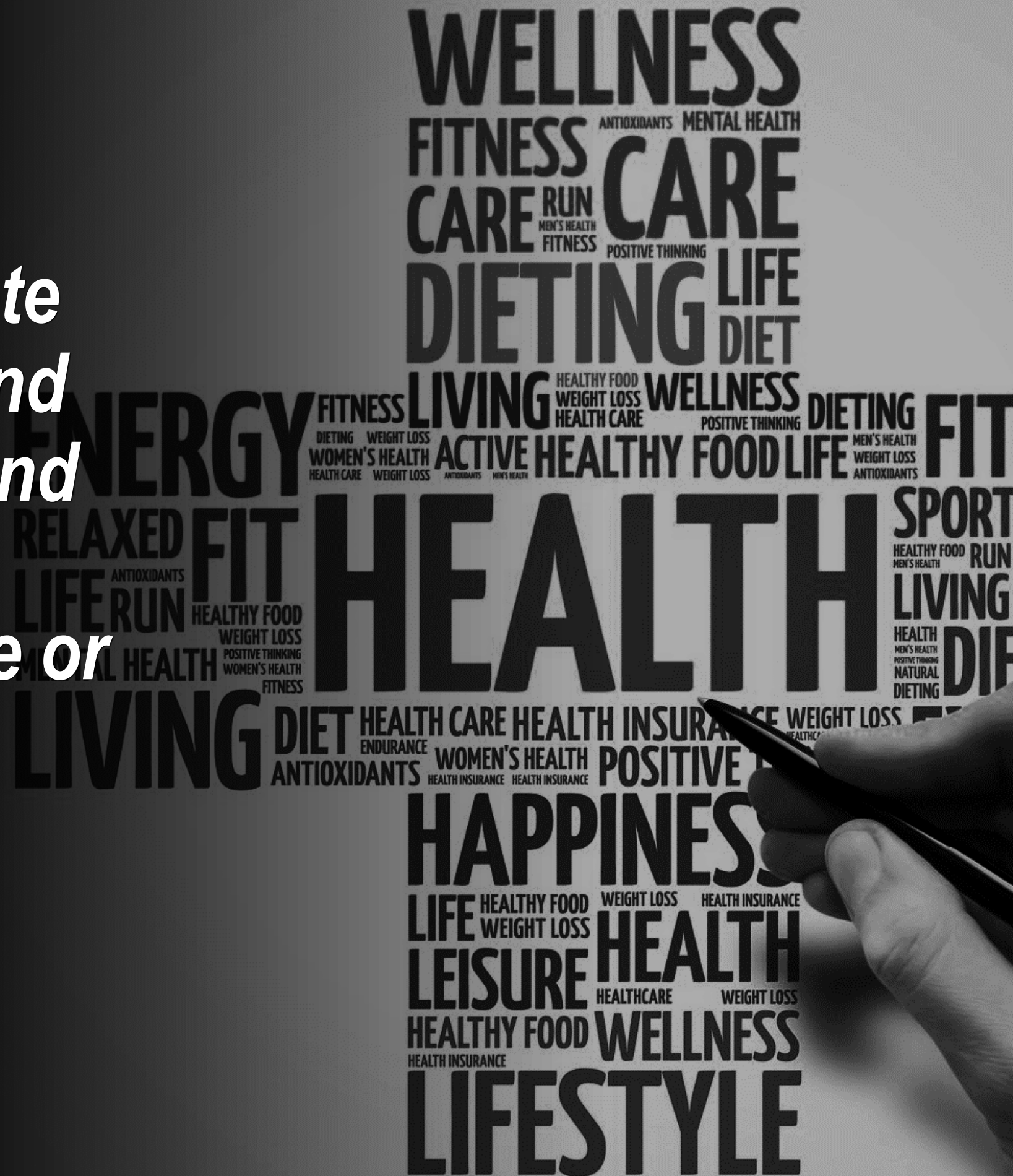


The Opportunity

Health

“A state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity.”

World Health Organization
1948



Creating Healthy Behaviours

Unhealthy behaviours

Health risks

Chronic health issues

Health care costs

Improving Productivity

2 to 3 times
greater cost to
than health
care costs





The Solutions

WELLBEING FOCUS

- Discuss & prioritize wellbeing
 - Understand the impact it is having on your organization and employees
-



KEEP CONNECTED

- Encourage people to stay connected
 - Ask questions – not just work “How are you managing?” “What can we do to support”
-



MOTIVATE & ENGAGE

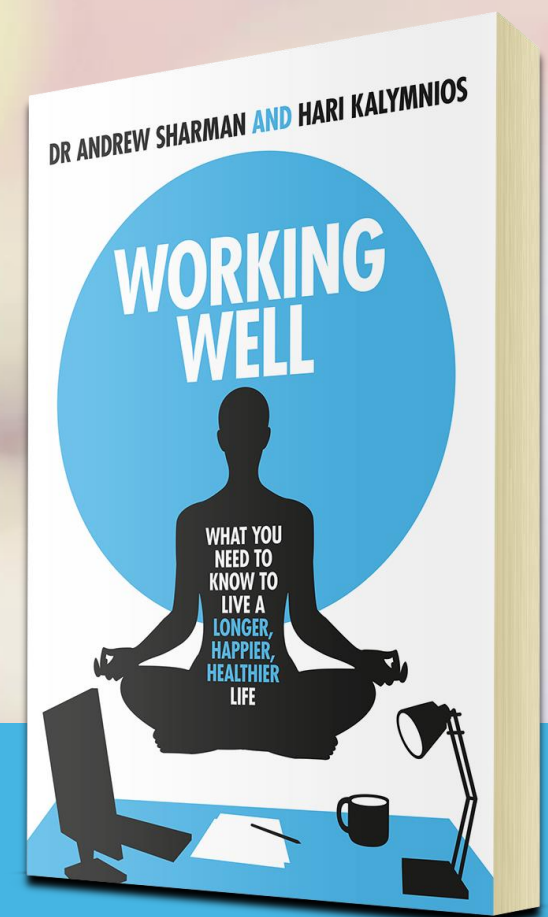
- Short and simple roadmaps
 - Rearticulate your values
 - Recognition and shout-out for those living the values
-



LEAD BY EXAMPLE

- Take care of yourself to take care of others
 - Demonstrate the right behaviors
-



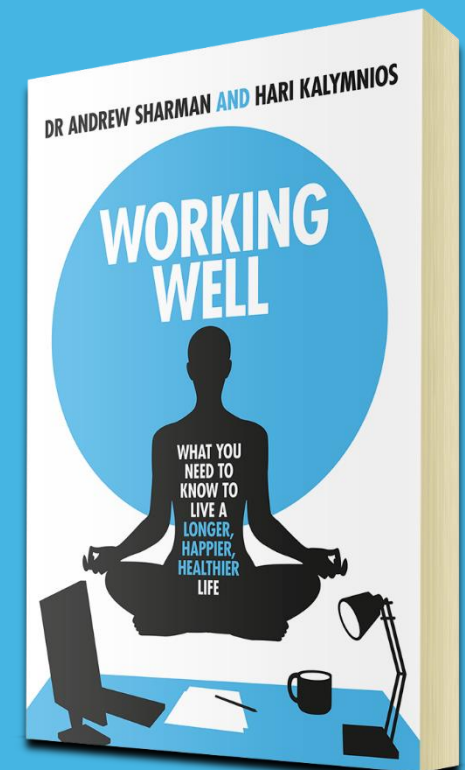


Certificate Program in Workplace Wellbeing Leadership

SONAR

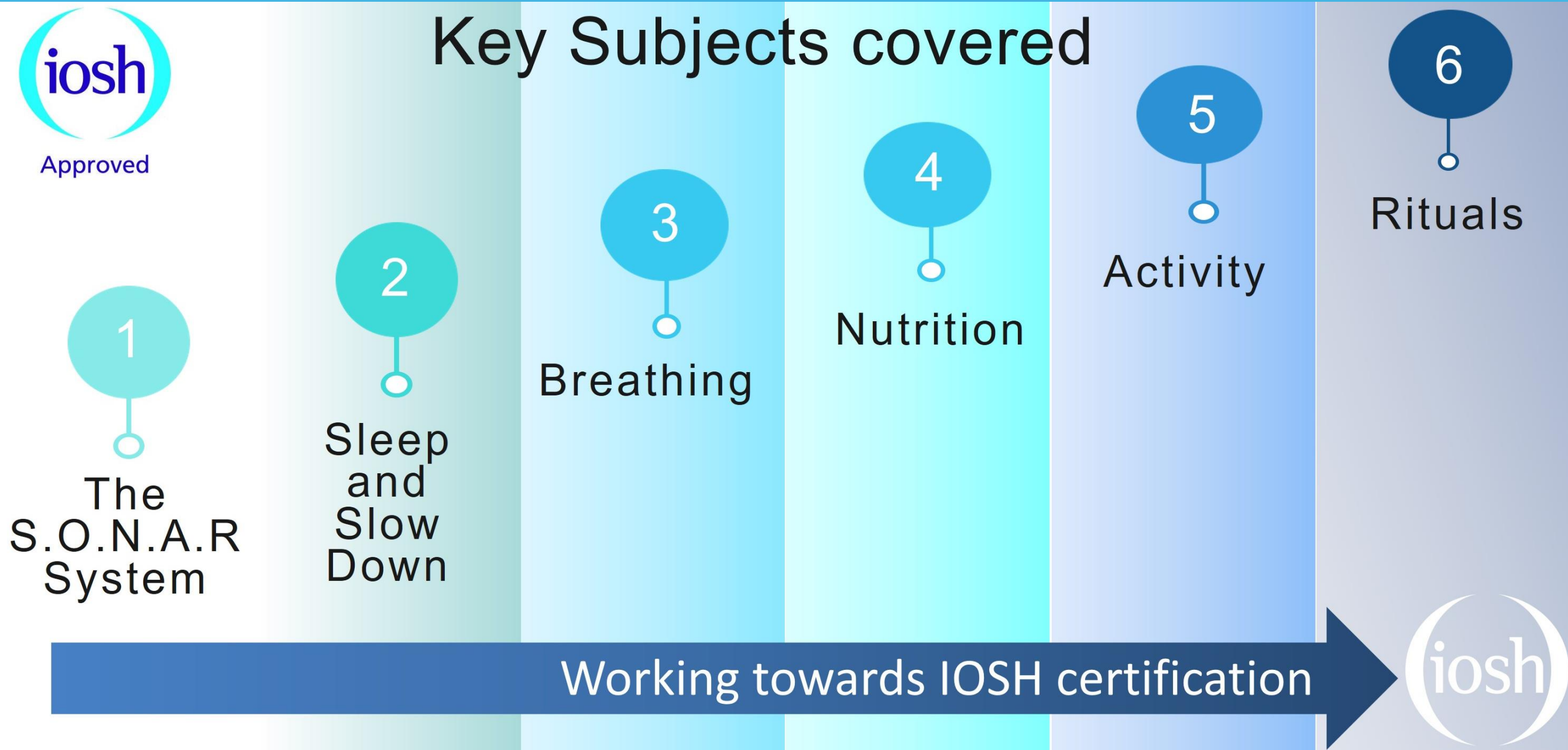


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SLEEP
OXYGEN
NUTRITION
ACTIVITY
RITUALS

PROGRAM OVERVIEW



IMPACT & BENEFITS

**IOSH
certification**



**Healthy behaviours
creating better
organizational culture**

**Reduction in
workplace
accidents,
incidents, unsafe
acts and near
miss events**



**Enhanced
leadership
effectiveness,
impact and
visibility**



**Practical tools to influence
workplace behaviour and
develop a positive
wellbeing culture**



**Improved engagement,
communication –
productivity not
presenteeism**





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