

Thrive at Work Workplace Wellbeing Awards Programme

Now is the time to re-energise your business and take care of your staff

Join the free, supported, workplace wellbeing programme where you're recognised for improving the health and wellbeing of your employees

Your employees are your most important and valuable asset. However, one in six people suffer with poor mental health at work and the problem is compounded further by uncertainty arising from the current climate.

Associated costs for sickness absences, presenteeism and staff turnover can run into thousands of pounds for many struggling businesses. It pays to invest in employee wellbeing.

Thrive at Work offers a holistic approach to managing workplace wellbeing. It provides a practical framework with effective techniques that keep staff motivated and healthy. Managers are guided across five thematic topics that are known to be key influences on employee mental health and wellbeing:

Thrive at Work themes

- **Enablers of health**
addresses organisational leadership, policies and procedures that can help effect change.
- **Mental health**
helps to develop identification, prevention and self-management mental wellbeing strategies, including training and support.
- **Musculoskeletal**
addresses prevention, self-management and treatment strategies, and support, such as how posture and movement at work can impact on physical health.
- **Lifestyles**
tackles general wellbeing issues such as smoking, alcohol, substance use, weight management and physical activity.
- **External risks to health**
considers wider impacts on health, such as financial pressures, domestic abuse and caring responsibilities.



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Thrive at Work has been a huge success for us. Staff turnover and absence levels have reduced. Our employees are talking more, and we are confident that we can offer support to them if they need it.

Rachel Kearney
Moor Hall Hotel
(Thrive at Work
Bronze Accredited)

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How it works

The Thrive at Work workplace commitment guides you through a structured framework of criteria. You also get access to a free online toolkit that gives you 'How to' guidance for implementing and improving employee health and wellbeing

The Foundation level has been developed as a straight forward 5 step approach, which gives a comprehensive understanding of the current position of the organisation and the mental and physical wellbeing of your workforce and any lasting impact of the COVID-19 pandemic.

Upon achieving this level, you will be recognised with a certificate and an accreditation logo allowing you to showcase the efforts that you have made, as an organisation, to improve the wellbeing of your staff.

Organisations that then progress to formal accreditation at Bronze, Silver and Gold levels will be invited to receive their award at a celebration event.

Sign up today

Visit www.wmca.org.uk/thriveatwork

Email thriveatwork@wmca.org.uk



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I like the fact there is a toolkit and resources to help with implementing these five steps, as I found that it really helped me when working my way through the bronze criteria

Katie Biggs
MBKB Group
(Thrive at Work
Bronze Accredited)

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Fully Funded through the

**MIDLANDS
ENGINE**

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Our patients and their loved ones will always come first but we know we need to do more to make sure our staff come a very close second

Gerry Crowe
Director of Operations
& Support
The Mary Stevens Hospice

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The Thrive at Work programme gives you something to aim for, keeping you focused and pointing you in the right direction. Achieving accreditation of the award sends out a message to staff and external clients as being an employer of choice

Solihull Borough Council

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