



Enhance
wellbeing



Reduce absence



Boost motivation



IN WORK SUPPORT

50 Ways to Workplace Wellbeing



Increase
employee
engagement



Attract and retain
great staff



Be seen as a great
place to work



Increase
productivity



..... WWW.RCS-WALES.CO.UK

FOR MORE INFORMATION ABOUT HOW
WE CAN HELP YOU OR YOUR BUSINESS:

E: hello@rcs-wales.co.uk T: 01745 336442

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Cymorth yn
y Gwaith
In-Work
Support



**Organise a
lunchtime
quiz**



**Have lunch
together**



**Provide buddy
support for new or
inexperienced staff**



**Talk to people -
don't just email**



**Put games
out in the
staff room**

CONNECT

CREATE SUPPORT NETWORKS



**Bring in
outreach staff
for a working
breakfast**



**Arrange an away day
for all staff**



**Encourage everyone to make
a play-doh model. Choose a
winner and they set the
theme for the next week!**



Jeans Friday!



**Have a flexi-time
system**



Laugh and have fun!



Say "thank you"
to your staff



Volunteer for a
good cause



Plant a suggestion
tree and reward the
best suggestion
each month



Help a colleague
with a work task

GIVE

RECOGNISE AND VALUE PEOPLE



Recognise
achievements
and creative
thinking



Have an
employee award
scheme



Bring in seasonal
fruit to meetings



Share healthy
recipes



Do a team
fundraising
event for charity



Treat everyone
to a massage



Recognise a
positive quality
in a colleague -
and tell them!



Have plants in
the workplace



Check staff
have a clear
understanding of
their job role



Make time in
meetings for
motivating
discussions

TAKE NOTICE

MAKE TIME FOR OTHERS



Notice '3 Good
Things' at the
end of each
working day



Ask staff and
colleagues how
they are



Bring in flowers -
from your garden if
you can



Share and celebrate
successes, however
small



Appoint a
wellbeing
champion



Get up from
your desk for
a couple of
minutes every
hour



Get a standing
desk



Hold walking
meetings



Provide
affordable
classes for
staff - pilates
or yoga

BE ACTIVE

BUILD A HEALTHIER WORKPLACE



Organise a team
lunch time walk



Start a
workplace
running group



Register with
a cycle to
work scheme



Offer subsidised
gym membership



Give all staff an
hour off a week
to exercise



Use reflective
practice in
supervision



Hold a “lunch
and learn”
session



Offer wellbeing
workshops



Mentor new
employees and
coach more
experienced ones



Run healthy
eating events

KEEP LEARNING

DEVELOP AND GROW



Link in with
National
Wellbeing Days



Get out to
conferences,
events and away
days



Develop a staff
wellbeing
programme



Share simple
relaxation
techniques



Get staff
involved in
writing policies



Promote
campaigns such
as “Five a Day”
and Change4Life