



# IN WORK SUPPORT

FULLY FUNDED SUPPORT TO IMPROVE  
WORKPLACE WELLBEING

Call us today on **01745 336442**  
or email **[wellbeing@rcs-wales.co.uk](mailto:wellbeing@rcs-wales.co.uk)**

**[WWW.RCS-WALES.CO.UK](http://WWW.RCS-WALES.CO.UK)**



# WORKPLACE WELLBEING

## LOOKING TO IMPROVE

## WELLBEING IN YOUR WORKPLACE?

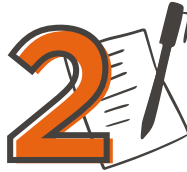
Taking an upfront approach to wellbeing at work is good for your employees and good for business. RCS provides fully funded support, coaching and training to help companies build happier, healthier workplaces.



RCS's workplace wellbeing support is tried and tested to help businesses:



Reduce staff absence and increase retention rates



Tap into what motivates and engages your employees



Create positive working environments where your staff can flourish



Improve employee health and increase productivity

## WORKING WELL PROGRAMME

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Sign up for a wellbeing review of your business and let us design and deliver solutions to improve your workplace wellbeing. The Working Well Programme is fully funded and tailored to your needs. We can even deliver our latest Wellbeing Workshops and Wellbeing Champion courses direct to your teams.

## WELLBEING WORKSHOPS

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Our practical and interactive Wellbeing Workshops offer the latest thinking in key areas of wellbeing, providing ideas, tips and resources to inform and inspire. You can join our open webinars or sign up to our Working Well programme for your staff to have exclusive access.

## WELLBEING CHAMPIONS

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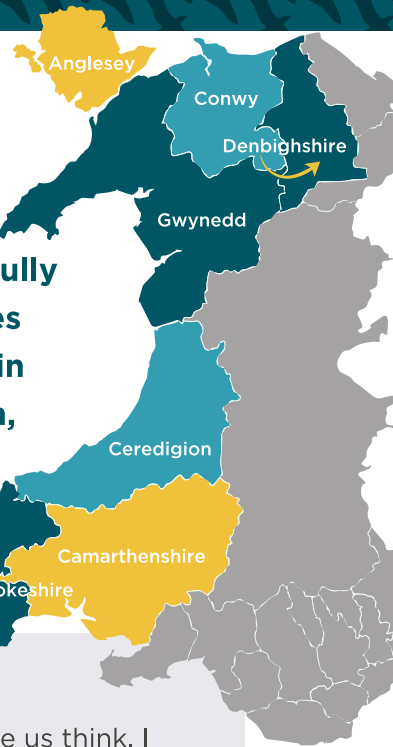
Our celebrated on-line learning programme offers a unique opportunity for businesses to build their own network of wellbeing champions to provide peer-to-peer support in the workplace.

## EMPLOYEE SUPPORT

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For those times when poor wellbeing impacts an employee's attendance or performance at work, we offer one-to-one support and rapid access to free therapies to help reduce or prevent sickness absenteeism in your workplace.



RCS's In Work Support Service offers fully funded wellbeing support to companies with up to **250** employees operating in Anglesey, Carmarthenshire, Ceredigion, Conwy, Denbighshire, Gwynedd and Pembrokeshire.



We've been on courses before, but this made us think. I have a wide smile on my face when I think of RCS. It has given our business a structure on how to approach issues of wellbeing and stress at work.

**GET IN TOUCH TO  
START YOUR WELLBEING JOURNEY TODAY**



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In-Work Support is part-funded by the European Social Fund through the Welsh Government. Eligibility criteria apply.



Cymorth yn y Gwaith

In-Work Support



**Cronfa Gymdeithasol Ewrop  
European Social Fund**