



WELLBEING SUPPORT

FOR YOUR BUSINESS

RCS is an award-winning Welsh company offering specialist wellbeing training and support to help people and workplaces thrive.



FIND OUT MORE

call: 01745 336442 email: hello@rcs-wales.co.uk

WWW.RCS-WALES.CO.UK

WHATEVER SIZE YOUR BUSINESS, AN UPFRONT

INVESTMENT IN WELLBEING CAN DELIVER:



Reduced sickness absence



Improved staff retention



Better customer experience



Improved workplace culture



Increased productivity

OUR EXPERT TEAM

CAN OFFER:

WELLBEING AUDIT

An audit of your wellbeing policies and practices

WORKSHOPS

Wellbeing workshops, on-line or on-site, in Welsh or English.

SUPPORT

Support with wellbeing policies and templates

CONSULTATION

Tailored consultation to help shape your wellbeing strategy

TRAINING

Mental Health First Aid and Wellbeing Champion training



Your insights have resonated deeply with our staff, triggering meaningful discussions and encouraging us to consider various steps to improve our approach to our individual and workplace well-being.

Dr Ioan Matthews, Chief Executive, Coleg Cymraeg

