



We all know the importance of looking after our health and wellbeing; we see it on social media, on the tv, in books and magazines. But are we following the advice? Do we even know which advice to follow? Are we prioritising health and wellbeing in the workplace to enable ourselves and our colleagues to bring the best versions of themselves to the work? And if not, do we understand the consequences?

Registrations are now open to North Devon businesses to join our FREE workplace wellbeing webinars.

Join us for a 90-minute interactive webinar where we will explore organisations obligations and identify how to build inclusive and supportive strategies suitable for both individuals and a collective workforce.

- Just how much of an issue is poor mental health in the workplace?
- What impact has the Covid pandemic really had on employee wellbeing?
- What are the links between mental health and wellbeing?
- How do we create a workplace culture and strategy that supports all whilst also achieving a return on investment?

Book online for one of our two sessions

[Wednesday 14th September - 10:30am](#)

[Thursday 13th October - 10.30am](#)

In partnership with South West Business Council and One Northern Devon, this event will be delivered by Carly Eggar, specialist corporate wellbeing facilitator for SAV training.

These free training sessions will provide attendees with valuable insights into how to create an impactful, inclusive and supportive wellbeing strategy for their teams.

All attendees will be invited to follow up bonus resources, including a directory of tools, a FREE 30 minute 1:1, and team development and taster sessions.

