



Work Based Health and Wellbeing

Why should this Matter to You?

Promoting a Healthier Workplace is a Wise Investment

Did you know?

- 140 million days are lost in GB each year due to ill-health
- 35% of the workforce report unreasonable stress levels
- More than 25% of staff work through illness - new evidence shows 'presenteeism' costs up to 7 times more than absence

We can help you become a responsible employer and...

- Reduce staff turnover and employment costs
- Retain quality staff through support when times get tough
- Meet the legal requirements as an Employer

Thoughtful interventions will generate significant returns and enhance the company's:

- Productivity
- Brand Reputation
- Competitiveness

Becoming a healthier organisation is:

- ✓ Good for Jobs
- ✓ Good for Business
- ✓ Good for Employees' Health

Refer to next page for an overview of the8group's approach to develop a healthier organisation

the8group Approach

Free client engagement meeting at your convenience

We then offer a staged approach to which you are welcome to commit a stage at a time:

Stages:



About Us:

We are highly experienced facilitators and consultants specialising in developing organisations, teams and individuals to achieve their outcomes and remain healthy in the process.

We provide VFM, tailored interventions to increase an organisations' capability to deliver sustainable improvements to workplace health and productivity. We offer expert advice and **Diagnostics, Psychometrics, Reviews of Organisational Resource, HR Policies & Procedures**. We help build capacity by:

- ✓ Action learning
- ✓ Facilitation of Events
- ✓ Executive Coaching

Contact the8group now:

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the8group - Leaders in positive change for wellbeing