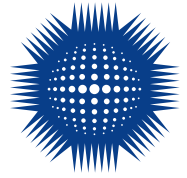


## NEBOSH Working with Wellbeing

The **NEBOSH Working With Wellbeing** course is an introductory level qualification that looks at workplace wellbeing at both an individual and organisational level. It is designed for those who wish to gain a greater understanding of workplace wellbeing and the factors which affect it and it is relevant to any business, in any sector.

It is aimed at people working in:

- Human Resources
- Health and Safety
- Occupational Health
- Anybody with People Management Responsibilities



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## Course Content

The **NEBOSH Working With Wellbeing Qualification** consists of one unit which must be successfully completed within six months to achieve the qualification. The course covers:

- Foundations of Wellbeing - what it means and why it matters
- The Branches of Wellbeing; benefits and what this means in practice - interaction, exercise, mindfulness, nutrition, kindness, learning
- Interventions in the Workplace - planning & measuring their effectiveness

## Assessment

The course is assessed through the development of an effective intervention plan to improve wellbeing in the workplace which will take around one-hour to complete.

## Courses Available

Classroom

**London**

Live Online

**Worldwide**

Online

**Worldwide**

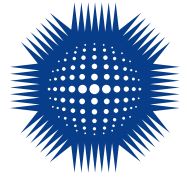
In-Company Live Online & Classroom

**Worldwide**

## Classroom Courses

- Complete Course - 1 day including assessment
- Ideal for those who like a traditional, structured learning environment away from their workplace

Venue	Course Dates
London United Kingdom	6 May 22 15 Sep 22 8 Dec 22



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## Live Online Courses

- Complete Course - 1 day including assessment, courses start at 09:00 London Time
- Real time live Zoom classes delivering a classroom learning environment in the comfort of your own home
- Structured learning with scheduled dates
- Available worldwide

Venue	Course Dates
Worldwide (UK Time)	24 Feb 22 22 Apr 22 7 Jul 22 10 Nov 22

## Online Courses

Flexible, fully tutor supported online learning available anywhere in the world

- 7 hours of study (1-2 months)
- Start any time
- 30-Day Money Back Guarantee with all RRC online courses