

Professional

WELLBEING PROGRAM DESIGN & METRICS

COURSE OVERVIEW

Designing holistic wellbeing strategies that go beyond "wellness weeks" to sustainable work practices.

COURSE OBJECTIVES

- Design across the 4 pillars: Physical, Mental, Financial, Social.
- Understand ISO 45003 (Psychosocial risks in the workplace).
- Measure the ROI and VOI (Value on Investment).

SKELETON OUTLINE

- From Wellness (Health) to Wellbeing (Thriving).
- Psychosocial Hazards: Workload, Autonomy, Support.
- Measuring Wellbeing Impact.
- **Application:** Auditing the Current Wellbeing Offering.



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