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.

linkedin.com/in/mostafaazzam
YouTube channel
WhatsApp @MostafaAzzam.Ai
WhatsApp @MostafaAzzam.HR
training@thehrtalent.com
training@mostafaazzam.net
training.development@yahoo.com
www.thehrtalent.com