

WORK WELL

Wellbeing support for
small business owners,
managers and staff.

Work Well is a FREE wellbeing program by Be Well Co. available for small businesses in the city.

The past 18 months have been tough on many businesses and the whole of our city. What we have all learnt is that looking after our wellbeing and resilience – as well as the wellbeing of our family, friends, colleagues, and employees – is incredibly important.

Business owners and managers

Work Well provides an opportunity for business owners and/or managers to come together in a local setting, to learn tangible skills to build wellbeing from Be Well Co. trainers using the Be Well Plan.

What is the Be Well Plan?

Be Well Plan is the latest mental health and wellbeing training program from Be Well Co., an entity of the South Australian Health and Medical Research Institute (SAHMRI), ranked number 40 in the world's top research institutes. Be Well Plan introduces you to

tools and activities that are scientifically proven to improve your mental wellbeing.

What will I get out of it?

Be Well Plan supports you to develop a personalised wellbeing and mental health strategy tailored to your psychological profile and your life circumstances. You will walk away with a tailored plan comprising self-selected activities from a collection of evidence-based resources to help you build wellbeing and resilience, deal with stress and be your best possible self.

Business benefits

Global research, including SAHMRI's, very clearly shows that psychological and behavioural solutions like the Be Well Plan can improve the mental health of your people, with flow on effects to your business KPIs.

The evidence is clear; organisations who invest in the mental health and wellbeing of their people and staff see positive returns. This includes improvements in productivity, improvements in relationships and in the ability of their people to cope with change.

Employees who have high wellbeing:

- are more creative
- can seize opportunities
- feel a sense of purpose
- are satisfied with their lives, personally and professionally
- are present in the moment
- deal with challenges when they arise.

As part of Work Well you can also nominate some staff to participate via a free one hour introduction to the Be Well Plan and access to the Be Well Plan Mobile App.

What is the format and duration?

Be Well Plan is delivered over five weekly sessions of two hours each week.

Session 1 – Building a wellbeing foundation

Session 2 – Using your wellbeing profile

Session 3 – Exploring your resources and challenges

Session 4 – Managing stress and building resilience

Session 5 – Living your Be Well Plan

Be Well Plan Evidence

Be Well Plan was developed by world leading wellbeing and mental health researchers from SAHMRI and Flinders University's Orama Institute for Mental Health and Wellbeing. Drawing on the best available evidence from around the world, SAHMRI reviewed over 400 studies of psychological programs to understand the most effective ways to improve mental wellbeing. This resulted in the activities presented in the Be Well Plan, which are available to you in an easy to apply format.

Be Well Plan was also informed by SAHMRI's experience over the last six years in delivering wellbeing and resilience programs to over 5,000 South Australians from a wide range of backgrounds and experiences. Be Well Plan has been proven to be effective in three separate studies, including a 'Randomised Control Trial' (which is the gold-standard of testing).

Be Well Tracker

A unique feature of the Be Well Plan is its integration with technology.

As a Be Well Plan participant you will have the opportunity to take an online measure of your mental health and wellbeing using the Be Well Tracker. You

"Be Well Plan is proven to improve mental health outcomes including lifting wellbeing and resilience and reducing distress."

SAHMRI evaluation of Be Well Plan.

will receive confidential insights into your mental health in six key areas: wellbeing, resilience, anxiety, stress, mood and health.

The Be Well Tracker is available to you as a resource to track your mental wellbeing over time.

Be Well Plan Mobile App

You also get access to the Be Well Plan Mobile App. The App gives you access to the tools and activities presented in the Be Well Plan, so you can have all you need in the palm of your hand to revisit the program and continue to work on your unique Be Well Plan to build your mental health.

To find out more about Be Well Plan and the Be Well Tracker please visit bewellco.io

To register your interest contact David Bailey dbailey@communityplaceplanning.com or 0408 207 675

Be Well Co. abide by privacy laws and your privacy will be respected.

David Bailey is working for the City of Adelaide to invite businesses to participate in Work Well. Work Well is supported by the City of Adelaide and the SA Government

cityofadelaide.com.au/resident/healthy-living-and-wellbeing