








# Wellbeing at Work

# FACTSHEET

Ideal for use in virtual training sessions. An engaging, discussion activity to introduce the concept of wellbeing.

-  **1 hour + debrief**
-  **2-24** (in teams of up to 4 per team)
-  **For staff at any level**
-  **No computer required**
-  **295 ex VAT**



## Learning objectives

- to raise awareness of the concept of wellbeing
- to highlight the benefits of being in a state of wellbeing
- to appreciate the wide range of issues that can contribute to wellbeing
- to discuss initiatives that can help improve wellbeing
- to identify small changes that can make a big difference.

## About the activity

Participants represent the Managers of a small organisation. They are about to review some ideas put forward by staff on how to improve wellbeing in the organisation.

Each person is supplied with a set of 20 'Virtual Cards'. 10 are Statements and contain a view, from a member of staff, for improving wellbeing, along with a counter view from another member. Their task is to decide who they agree with most, and why. There are also 10 Statistical Survey cards. Each contains information from a national survey. Participants must decide which is the correct finding from a number of possible options. (Some surprises here.)

Participants work through the cards first as individuals, noting their own **personal views**. They are then put into teams (in breakout rooms) and work through the cards as a team, noting down the **team view**. Where they have differing views they try to reach consensus.

Finally teams, as managers, choose five of the 10 Statement cards that they think are the most realistic, affordable and effective initiatives for their staff and the organisation to embrace.

Together the cards raise a greater awareness and understanding of the concept of wellbeing and offer some actions that can be taken to build wellbeing. They are straightforward to use and the Trainer's Notes provide a commentary for each of the cards - plus some helpful tips on how to run a virtual session.

## Five-year repeat use licence

This Northgate training activity comes with a five-year licence for repeat use with up to 24 participants. A licence is required for each site (or remote hub). To use with larger groups or for multiple site licences please contact us for a quote.

## Pack contents

- Trainer's Notes (PDF)
- Set of 20 'Virtual Cards' (PDF)
- Record Form (PDF for printing)
- Record Form (PDF to use on-screen)
- Handout: Top Tips (PDF)

This activity is for both face-to-face and virtual training sessions. It is supplied digitally via the Northgate Trainerhub.

## Ideally suited to

Perfect for a virtual training environment but the 'virtual cards' can also be used in **face-to-face training sessions** by displaying them, one by one, on a shared screen.

A non-threatening awareness raiser, ideal for generating discussion and exchanging ideas among delegates.





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## Customer reviews

Northgate couldn't be more helpful and always get back to my enquiries incredibly quickly. The activities are *highly popular* with our staff and have reinvigorated how we do training at Ecclesiastical Insurance.  
**Sarah Holroyde, Learning & Development Consultant, Ecclesiastical Insurance**

Off the shelf, convenient, re-usable... 'spot on'... excellent!  
**Rob Maddalena, Director, Learning & Development, Sophos**

Discovering Northgate Activities has really *enriched* our delegates' learning.  
**Jane Sendall, VP Learning & Organisation Development, EMEA and Asia Pacific, Warner Bros**



## Trainer's role (full guidance supplied in Trainer's Notes)

- Introduce the topic, and explain how the session will run and the overall timing.
- Explain that participants will shortly all receive a set of 20 Cards and a Record Sheet. All they have to do is work through the cards, one by one. 10 cards are Statement Cards, with the thoughts of two people on each. Participants decide which person they most agree with and note it down on their Record Sheet. The other 10 cards are Statistics Cards, with information from a recent, national survey. Participants decide which is the correct result from a number of options. Allow 20 minutes.
- Now put people into teams, in breakout rooms, and ask teams to review the cards to reach consensus. Allow 20 minutes.
- When time is up, ask each team (as managers of their small organisation), to choose FIVE of the Statement Cards which they think will be the most effective and affordable to use as wellbeing initiatives.
- Bring everyone back into plenary session for a Debrief - guidance supplied in the Trainers' Notes.

## Northgate says...

A topical, enjoyable, thought-provoking activity. A short commentary of supporting information for each card is supplied in the Trainer's Notes.

## Ordering is easy!

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## Delivery

This product is delivered electronically. No delivery charge is applicable.

## Our guarantee

If you are not 100% happy we offer a 30-day no-quibble returns service on unused goods.



## Northgate customers

