Helping you plan for 2022

Health and wellbeing at work has never been more important and the demands on employers to support their people have never been greater. That’s why we’ve created a programme of health and wellbeing content and events to support you. From line manager and HR team training and resources, to trusted information that helps your people be more in control of their health. All backed by the clinical expertise of Bupa.

January – March
Building Healthier Workplaces
An engaged, productive and successful team starts with good health and wellbeing. We’ll explore how employers can use their unique role in their employees’ lives to help them be more in control of their health. From safer working at home, to addressing unsafe drinking or poor diet.

April – June
Winning the War for Talent
Never has competition been fiercer to attract and retain the best talent in your company. With health and wellbeing at work being an increasingly important driver for people, we will look at how to create a culture that supports this.

July – September
Diversity Dividend
It is being recognised more and more that diverse organisations consistently outperform their less diverse counterparts. Increased diversity brings with it different health and wellbeing needs across your workforce. We will delve into how those varying needs can best be met.

October – December
Building Productivity through Wellbeing
When your teams feel safe and in good mental health this often leads to better agility and resilience through change. It also supports an environment of innovation and productivity that is crucial in disruption. We’ll explore how you can support the resilience and wellbeing of your people.

If you have any queries please speak to your Account Manager for more information.

For the latest news and updates, take a look at our dedicated page. Click here >


• Behavioural insights in the workplace.
• Addictive behaviours.
• Safer workplaces everywhere.
• Sustainability.
• Critical role of line manager & leader.
• Benefits of a culture of inclusion.
• Multi-generational workforces.
• The value of a neurodiverse workforce.
• Minority health and wellbeing needs.
• Addressing ableism in the workplace.
• Women’s and men’s health.
• Building resilience for disruption.
• High performance anxiety.
• Managing absenteeism.
January - March 2022

What to expect in Q1 2022

Key themes
- Safer workplaces everywhere
- Behavioural insights in the workplace
- Sustainability
- Addictive behaviours

Delivery method
- Publication
- Webinar

Building healthier workplaces
Support we will provide to help build your health and wellbeing strategy

Events
- Bupa Academy training sessions
  - Mental health
- Manager’s guides
  - Eating healthy and looking after your team

Line manager support
- Bupa Academy training sessions
  - MSK & hybrid working
- Manager’s guides
  - Setting healthy workplace goals
  - Supporting your team’s MSK health

Employee support
- Trusted health information and advice
  - bupa.co.uk/health-information

Support we will provide for your people’s health and wellbeing

Manager’s guides
- Eating healthy and looking after your team
- Setting healthy workplace goals

Events
- World Cancer Day
  - 04 Feb 2022
- Neurodiversity Celebration Week
  - 21-27 March 2022

Inside:
- Health
  - Women’s health

Conclusion
Health awareness events we’ll help you deliver.
Thank you.

Contact your Account Manager for more information.