



Workplace Health and Wellbeing Calendar 2022.

Bupa. Better for business



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.



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 >](#)

Bupa. Better for business

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.

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

April – June



The Talent Challenge

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.

- Critical role of line manager & leader.
- Benefits of a culture of inclusion.
- Multi-generational workforces.

July – September



Diversity Dividend

It is being recognised more and more that diverse organisations consistently outperform their less diverse counterparts.¹ 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.

- The value of a neurodiverse workforce.
- Minority health and wellbeing needs.
- Addressing ableism in the workplace.
- Women's and men's health.

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.

- Building resilience for disruption.
- High performance anxiety.
- Managing absenteeism.

¹ <https://www.mckinsey.com/featured-insights/diversity-and-inclusion/diversity-wins-how-inclusion-matters>



April - June 2022

What to expect in Q2

Key themes

Critical role of line manager & leader

Benefits of a culture of inclusion

Multi-generational workforces

Delivery method



Publication



Webinar

The talent challenge

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

Events

Workplace Health Insights LIVE

Critical role of line manager

Line manager support

Bupa Academy training sessions

MSK & hybrid working

Bupa Academy training sessions

Menopause

Manager's guides

Supporting your team's MSK health

Manager's guides

Supporting employees through the menopause

Manager's guides

Increasing energy and productivity in your team

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

Employee support

Inside:Health

MSK health

Trusted health information and advice

bupa.co.uk/health-information

Health awareness events we'll help you deliver

Stress Awareness Month

April 2022

Mental Health Awareness Week

13-20 May 2022



Thank you.

Contact your Account Manager
for more information.

Bupa. Better for business

MAR22 BINS 08566