



## In-Work Support – Free Workshop

### Wellbeing Interventions for the Workplace

*Date: Tuesday 15<sup>th</sup> October 2019 Time: 12:00 – 15:00*

*Venue: Talyllyn Railway, Wharf Station, Tywyn, Gwynedd LL36 9EY*

Sickness absence costs businesses in Wales millions of pounds a year in lost work days. Enhancing the wellbeing of your staff can help to reduce sickness absence and improves the productivity, performance and retention rates of employees.

This free half day workshop helps managers, team leaders and employers from SME's to understand:

- The importance of wellbeing and how it impacts on performance and productivity
- How the use of practical tools can increase the wellbeing of your employees within your workplace
- How to enhance resilience and employee engagement



To find out how to book your free place

t: 01745 336442

e: [hello@rcs-wales.co.uk](mailto:hello@rcs-wales.co.uk)

a: The Hub, 69 – 71 Wellington Road, Rhyl

[www.rcs-wales.co.uk](http://www.rcs-wales.co.uk)



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In-Work  
Support

