



WORKPLACE WELLBEING SUPPORT SERVICE

Is your workforce feeling the effects of burnout and you're not sure how to manage it?

Are you experiencing difficulties with your organisational culture and not sure how to improve it?

The DTAS Workplace Wellbeing Support Service offers support and guidance based on prioritising the wellbeing of your staff team.

What is Workplace Wellbeing?

Wellbeing at work can have a different meaning whoever you ask, depending on their situation and experience. Some value having their opinions heard and clear progression routes, whilst some value flexible working. At DTAS, we believe wellbeing relates to the physical, emotion and mental state of your workforce.

Providing Wellbeing Support and taking steps to promote and enable positive workplace wellbeing can have radical improvements your organisational culture. Positive culture is a fundamental aspect in ensuring that you have a happy workforce. Your staff should feel safe, valued and supported at work in order for them to thrive in their roles.

What do we mean by Wellbeing Support?

At DTAS, Wellbeing Support refers to implementing actions within the organisation that promote positive physical, emotion and mental wellbeing.

Wellbeing support doesn't need to start with complex policies and lots of spare time and money. Listening and understanding what your staff team need is fundamental to ensuring that you have a content and supported workforce.

What is the impact of providing Wellbeing Support?

Whilst this list is not exhaustive, effective Wellbeing Support can benefit your staff in many ways.

- Improved morale
- **Prevent stress, overwhelm and anxiety**
- Honest conversations and open dialogue
- **Avoid communication breakdown**
- Manageable workloads
- **High staff retention and job satisfaction**
- Conflict management
- **Burnout prevention**

What does Wellbeing Support look like?

Raising awareness of important issues

Providing specific training and workshops

Actively listening to your staff team

Reviewing existing policies and procedures

Enabling staff led conversations

Creating a safe and non-judgemental environment

Allowing flexible working where possible

Exploring employee benefits

Signposting to local support providers



To get started on your wellbeing journey, contact our Wellbeing & Inclusion Coordinator, Amy, or scan the QR code and complete the referral form.

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