



Join us for an online discussion on

## How To Create High-Performing Teams Through Employee Wellbeing

21 – 25 September 2020

**Employee wellbeing is critical to your business thriving in today's COVID-19 climate. Join us for one of our free 60 minute online sessions between 21 – 25 September when our team of top Clinical Psychologists will unveil the results of new research on employee mental health, wellbeing, and resilience within the workplace.**

With Chief Executives, HR, and Health & Safety Managers navigating a new normal and the media spotlight on mental health, learn how enhancing employee wellbeing can help increase productivity and performance, reduce employee turnover and stress, and cultivate a better company culture.

Our nine new research papers provide data-driven insights based on data from 3,000 employees who participated in our Umbrella Wellbeing Assessment.

They help us understand the factors that contribute to wellbeing and how it impacts the workplace and employee performance. In each small group session you will be among the first to access these learnings and engage in Q&A with our Psychologists on wellbeing opportunities relevant to your own business.

Umbrella is a leader in New Zealand workplace wellbeing. We are passionate about using best-practice scientific research to support organisations and their people to thrive, especially during challenging economic times.

We've helped both big and small organisations to understand their employees' needs and potential better, including Xero, Southern Cross Health Society, New Zealand Trade and Enterprise, and ANZ Bank.

**Get access to new data-driven insights and Q&A with a Clinical Psychologist:**

- Learn what impacts your employees' wellbeing
- Discover what reduces employee turnover & stress
- Find out what cultivates resilience and a better company culture
- Areas of focus for proactive wellbeing strategies
- Learn what increases performance & productivity

**We look forward to seeing you there**

Join our CEO and Umbrella Wellbeing Clinical Psychologists for one of five free online sessions via Zoom and see how insights gained from our research can help you support healthy and high-performing teams and workplace culture.

### Session options

Visit our Umbrella website and register for one of our free 60 minute sessions:

- 11 am – 12 pm, Monday 21 September 2020
- 9 am – 10 am, Tuesday 22 September 2020
- 11 am – 12 pm, Wednesday 23 September 2020
- 9 am – 10 am, Thursday 24 September 2020
- 11 am – 12 pm, Friday 25 September 2020

RSVP by 18 September. Places are limited.

Register for one of our free online discussions:  
[www.umbrella.org.nz](http://www.umbrella.org.nz)

