



Join Umbrella Wellbeing and Acumen Health for a webinar on

## The benefits to businesses from improving employee wellbeing; insights from new research.

Monday 12 October 2020, 1 pm AEDT

**In recognition of World Mental Health Day, join us for a free 45 minute webinar on 12 October when one of Umbrella's top Clinical Psychologists will unveil the results of new research on employee mental health, wellbeing, and resilience within the workplace.**

Employee wellbeing is critical to your business thriving in today's COVID-19 climate. With businesses 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 this webinar you will access these learnings and hear about wellbeing opportunities relevant to your own business

Umbrella is a leader in 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.

Join us on Monday **12 October 2020**  
1 pm - 1:45 pm AEDT

**Get access to to new data-driven insights:**

- 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 Umbrella CEO and Umbrella Clinical Psychologist for a free webinar via Zoom and see how insights gained from our research can help you support healthy and high-performing teams and workplace culture.

Visit our Umbrella website to register.

RSVP by 9 October. Places are limited.

**Umbrella is proud to partner with Acumen Health to bring you this free webinar**



[www.umbrella.org.nz](http://www.umbrella.org.nz)

