

Wellbeing Pulse Workshop Enhancement



“The purpose of information is not knowledge. It is being able to take the right action.” – Peter Drucker

Umbrella’s Wellbeing Pulse is the short-form version of our flagship assessment tool, the Umbrella Wellbeing Assessment. The Wellbeing Pulse is completed on-line in approximately 5 minutes. Once completed, an individually tailored report is instantly available to each workshop participant, with wellbeing resources for review and action on the following topic areas:

- wellbeing and life satisfaction
- work challenges
- work-life balance
- resilience and healthy habits.



MEASURES:



Wellbeing and Psychological Distress



Individual Resilience



Work Challenges



Organisational Support for Wellbeing



Work-Life Balance

ENRICHING TRAINING:

Research shows that the most effective interventions for promoting mental health and preventing mental illness include screening tools, and are targeted to the needs of the individual or group.¹ Umbrella’s Wellbeing Pulse achieves this through:

- providing individualised wellbeing feedback and resources to employees
- tailoring workshop facilitation to each group’s specific strengths and challenges
- encouraging participants to reflect on their wellbeing prior to the workshop; therefore, increasing engagement and learning focus.

¹ Le et al., 2021. Cost-effectiveness evidence of mental health prevention and promotion interventions: A systematic review of economic evaluations. PLOS Medicine. <https://doi.org/10.1371/journal.pmed.1003606>

Included with all full, half and multi-day workshops

FOR MORE INFORMATION OR TO TRY OUR FULL WELLBEING ASSESSMENT, CONTACT:

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