

## YOUR COMPLETE WELLBEING PARTNER

Our consultative process provides wrap-around support, evidence, and expertise to assess and address psychosocial risks and strengths in your workplace. We partner with you to design and implement actionable plans that build wellbeing and reduce harm over time.

## WHAT WE OFFER:



### Umbrella Wellbeing Assessment

Our unique workplace assessment platform was created to help organisations to measure employee wellbeing, mental health and resilience – identifying issues for their people as a group and offering recommendations for support. The Umbrella Wellbeing Assessment provides wellbeing reports and resources for individuals, as well as an interactive dashboard and comprehensive wellbeing report for the organisation.



### Wellbeing Strategy

Umbrella Wellbeing can help with the development of your Wellbeing Strategy and implementation plan for your people. For the best return on investment, we support a proactive and data-informed approach to wellbeing which has a multi-layered focus – organisational, leadership, peer and individual.



### Psychosocial Risk Assessment

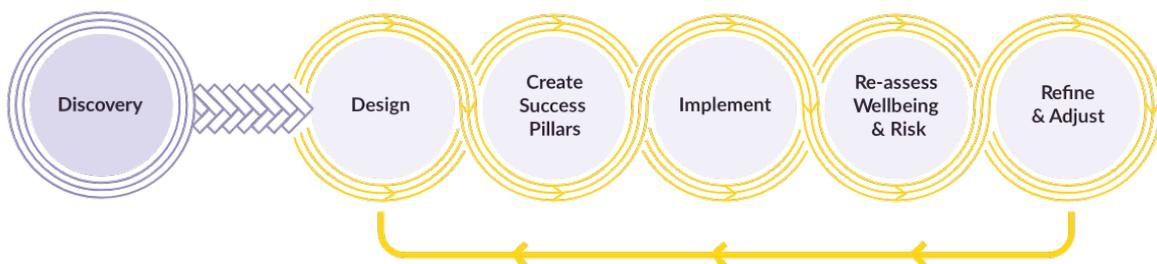
We conduct a psychosocial risk assessment and make recommendations for inclusion in your Wellbeing Strategy. The Umbrella Wellbeing Psychosocial Risk Assessment Framework includes 12 risk factors – each is assessed against the Umbrella Maturity Matrix which provides an indication of where the organisation is benchmarked against industry standards.



### Review of Existing Strategy and Wellbeing Practices

We assess the current state of wellbeing of your people and review your existing wellbeing practices to conduct a gap analysis, identifying areas for improvement. We utilise our Wellbeing Assessment, Wellbeing Pulse and conduct interviews and focus groups with your people to gain an in-depth understanding of the current state.

## HOW IT WORKS:



Umbrella's Strategic Wellbeing support is customisable based on your unique requirements. If you're interested, please get in touch for a personalised quote and plan:  
0800 643 000 | [office@umbrella.org.nz](mailto:office@umbrella.org.nz)