

DTAS Annual Conference 2024



A Brief Guide to Workplace Wellbeing

A guide to looking after your workforce



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Agenda

What will we cover today?



What is workplace wellbeing?



Why is it important?



How to look after the workforce



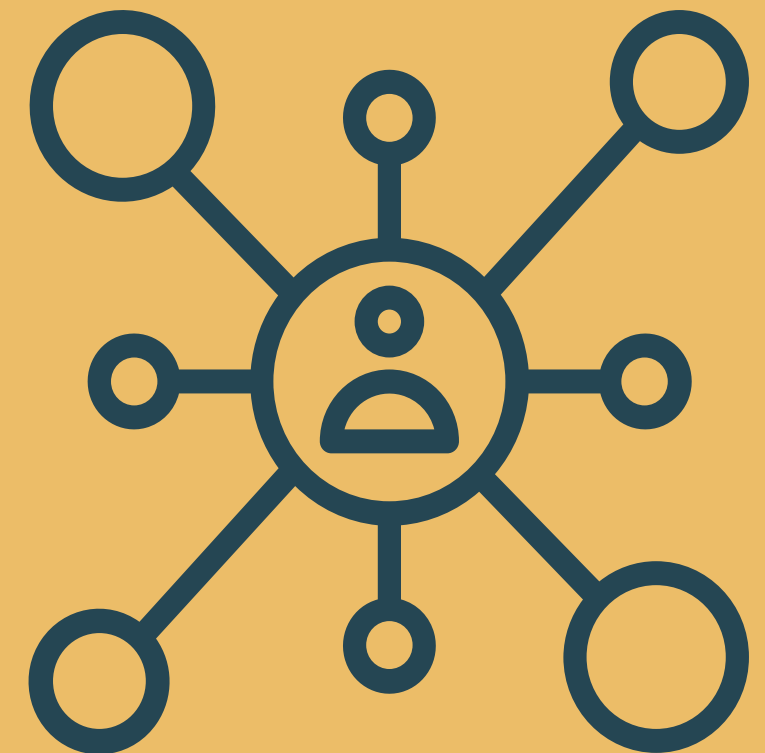
Workplace Wellbeing Support Service

What is Workplace Wellbeing?

- The physical, emotional and mental state of your workforce.
- Being committed to taking practical steps to support your staff.

And most importantly...

- Listening to your staff.

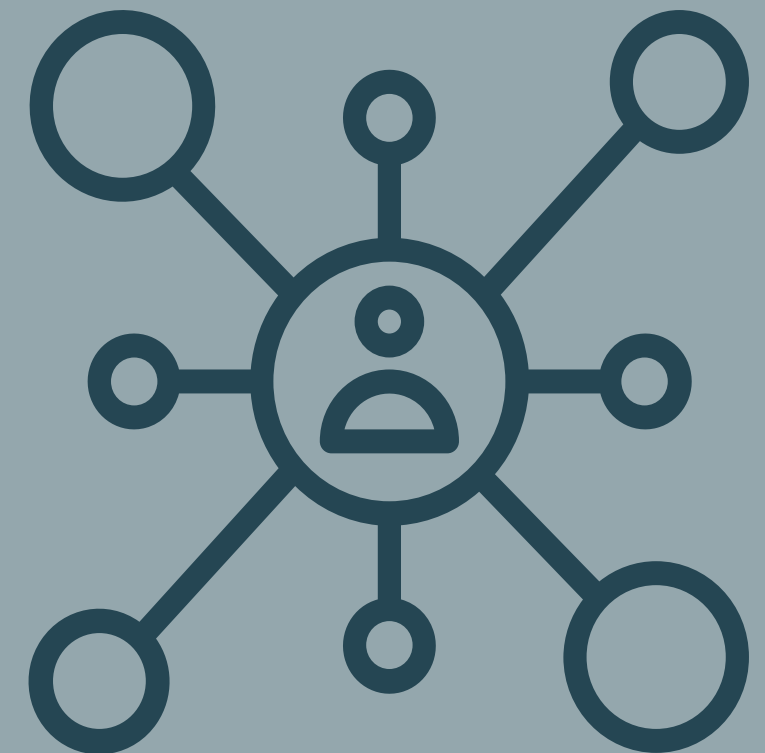


Why is Workplace Wellbeing important?



Why is Workplace Wellbeing important?

- Preventing stress and avoiding burnout
- Happy employees
- Safe and supportive environment
- Lower staff turnover

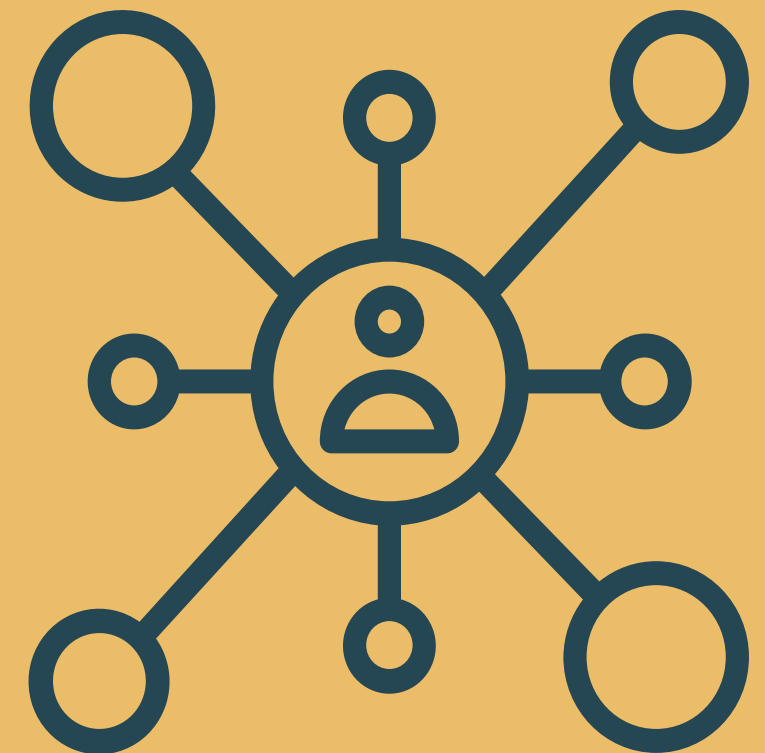


How do you look after your workforce?



How to look after your workforce

- Having conversations: communication is key!
- Staff engagement activities
- Policies and procedures



Workplace Wellbeing Support Service

- A cost free member benefit
- Tailored support based on your organisational challenges and needs
- Resources, workshops, engagement sessions

Contact Amy for more information | amy@dtascot.org.uk

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Workplace Wellbeing Support Service

Thank you!

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Contact amy@dtascot.org.uk or
scan our QR code to make a
referral!