Employee well-being

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Today's topic

- Looking after physical, mental and emotional health
- Work-life balance
- Appropriate working conditions
- Opportunities for education and development

Looking after physical, mental and emotional health

Physical health

- Ergonomic environment
- Safety at work
- Healthy diet opportunities
- o Regular brakes and excersice
- Sick days

Mental health

- Availability of psychotherapy
- Couching opportunities
- Open organisational culture
- Flexible conditions
- Burn out prevention

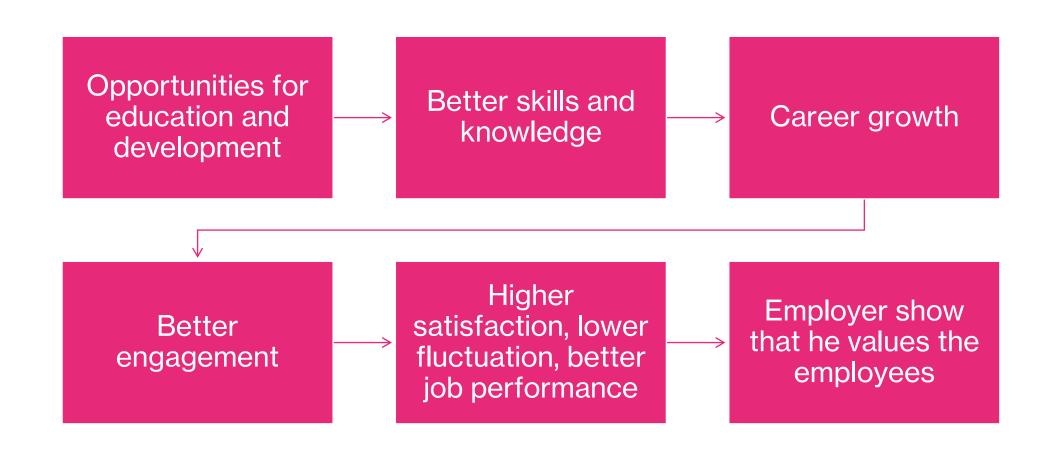
Work-life balance

- Flexible working hours
- Home-office
- Sick-days
- Extended holiday
- Reduction of work overtime
- Opportunities for planning

Appropriate working conditions

- Design of the workplace
- Equipment of the workplace
- Relationships at the workplace
- Fullfilling job

Opportunities for education and development



Summary

What have you learned today?

Homework

How was well-being care done in your organisation?

Thank you for your attention

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