

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
 - Regular breaks and exercise
 - Sick days
- Mental health
 - Availability of psychotherapy
 - Coaching 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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