

# HEALTH & WELLBEING AT WORK 2024.

## What wellbeing professionals really want from workplace wellbeing...

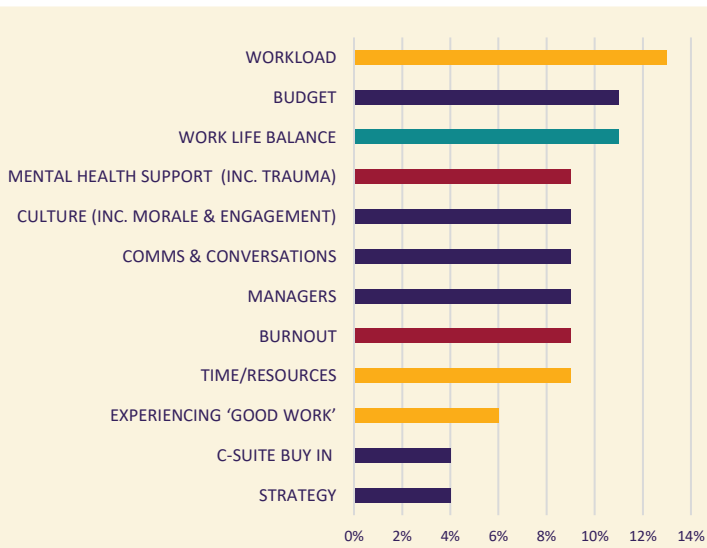
At this year's Health & Wellbeing at Work Expo we invited attendees to share with us their biggest wellbeing challenges and priorities. Using our **BETTER@WORK** model we analysed the responses.

The key challenges and priorities...

**WORKLOAD | SELF CARE | BUDGET**



## CHALLENGES.



## PRIORITIES.

*"Flexible working conditions"*



**TRAINING/  
AWARENESS**

**SELF CARE**

*"Commitment to wellbeing & own self care"*

*"Courageous conversations"*

*"Transparency of where we are going, how and who we are"*



*EDI/Financial inclusion*

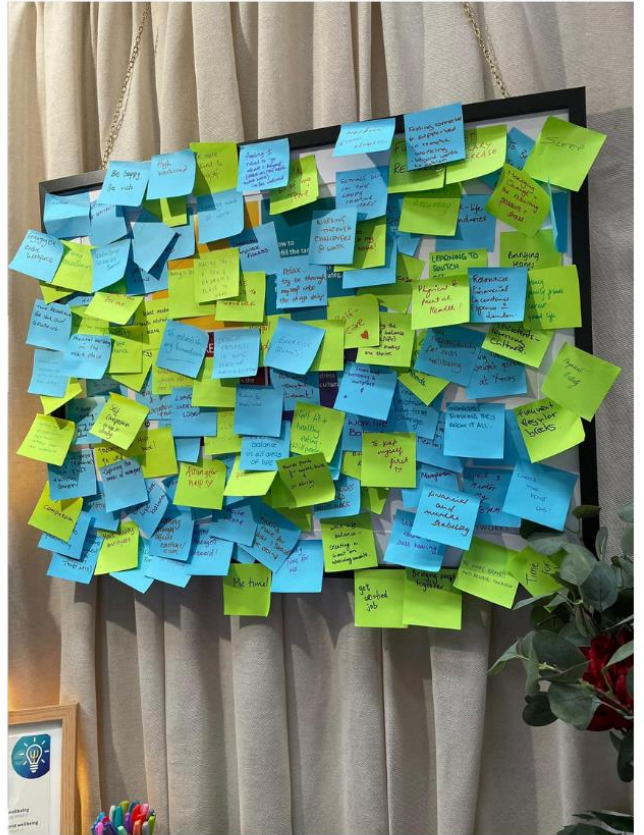
*"Support for Managers"*



## FIND OUT MORE...

**Free webinar:** Unlocking Workplace Wellbeing: *Insights from our Better@Work Trends Research*

- Monday 22<sup>nd</sup> April, 12:30pm
- Register:** [www.psychologyworks.global](http://www.psychologyworks.global)



# HEALTH & WELLBEING @WORK



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 Putting wellbeing at the heart of business...  
 not just on a cushion!  
 psychologyworks.global