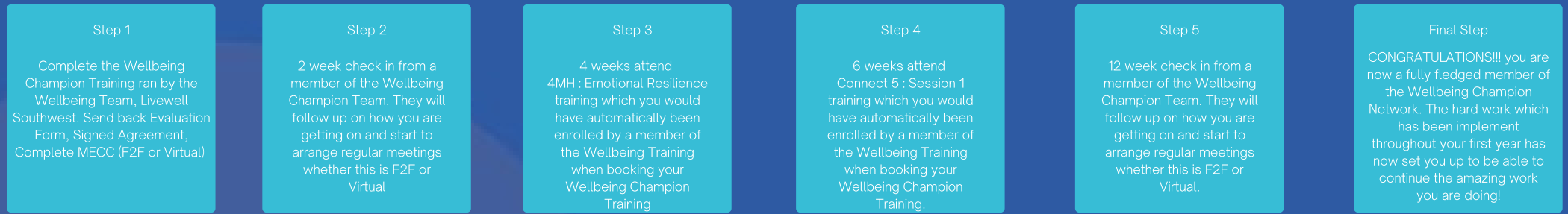




Workplace Wellbeing Champion 12month timeline



Requirements to attend to ensure you get the most out of the Wellbeing Champion Network

Please attend two Wellbeing Champion Network meetings a year. 1st will be in June and 2nd will be in December. This will be when Wellbeing Champions across the City will come together and share best practice and The Wellbeing Team will do an update of any information/training which will help your development in your Wellbeing Champion Role.

The 4 main Public Health/Local Campaigns which we Champions to support. You will get full support from The Wellbeing Team and Competitions will be run during these months!

1. Dry January (annually ran in Jan)
2. Mental Health Awareness Week (annually ran in May)
3. September (annually ran in September)
4. Stoptober (annually ran in October)

Requirements to attend to ensure you get the most out of the Wellbeing Champion Network

Attend our annual Wellbeing at Work Conference every year where we celebrate the successes achieved by Plymouth businesses and Wellbeing Champions throughout the year.

Requirements to attend to ensure you get the most out of the Wellbeing Champion Network

Attend Quarterly Wellbeing at Work Webinars which will offer additional training and give you a chance to network with other community services to support your Wellbeing Champion role.

Optional Training:
Understanding Grief and Bereavement,
Connect 5 : Session 2 and 3
4MH: Community Suicide Awareness

Optional Wellbeing Support:
Know Your Measurements (Wellbeing Team)
NHS Health Checks (Wellbeing Team)
Plymotion (Plymouth City Council)