



Well-being at Work Card® -training

COMPETENCE AND MOTIVATION FOR DEVELOPMENT



Do you dream of a thriving, well-functioning work community where employees feel engaged and enjoy their work?

The Well-being at Work Card® -training inspires and guides management and personnel to develop their workplace together.

1

WHY?

Well-being at work is the responsibility of the entire work community and an important success factor for an organisation. Great things can be achieved with a happy staff.

2

FOR WHOM?

The training is meant for management and personnel alike. The work community benefits the most when as many employees as possible participate in the training and take responsibility of well-being at work.

3

WHAT DOES IT OFFER?

The Well-being at Work Card® -training offers a clear direction and tools for continuous development in the workplace. It will help you to form a common understanding of well-being at work, clarify roles and responsibilities and promotes cooperation.

The training deals with the following topics:

- What are the elements of well-being at work?
- What are the resources and development needs of the workplace?
- How to promote well-being at work through leadership and the work community itself?
- How can workload be managed while promoting resilience, health and work ability?
- How can competence be developed and shared?
- How can the psychological safety of the work community be strengthened?
- What is a well-functioning work community like?

Participants receive a Well-being at Work Card® on completion of the training. The Centre for Occupational Safety and its partners are responsible for the training. There are both open courses and company specific courses available.

The Well-being at Work Card® -training is organised as face-to-face, online, and blended training.

WHAT HAPPENS AFTER THE TRAINING?

The training materials, discussions and teamwork assignments will give participants the tools they need to identify areas for development in their work community, find solutions, and plan how to continue promoting well-being at the workplace.

The well-being at work assessment questionnaire can also be used for further work free of charge. The Well-being at Work Card® online service also has additional materials which can be used for support.



“We learned how well-being at work has been improved in other workplaces.”

“Good development ideas! This provided a good basis for further action.”

“The trainer was inspiring. Good balance between theory and discussion.”

“Learning through discussion in an open and inclusive atmosphere. I learned a lot.”

For further information, training locations and times, and registration, go to: tyohyvinvointikortti.fi/en.

Ask us about training partnership:
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