

**Here is how you can
contribute towards
workplace wellbeing.**





Emotional support

You can offer a listening ear, empathy, and encouragement. This will reduce stress for your colleague.





Collaborative problem-solving

Working with your team to address challenges and find solutions can make work easier and more fun.



Recognition and appreciation

Regular acknowledgement and celebration of each other's achievements can enhance motivation and a sense of belongingness.





Peer learning and growth

Teammates can learn together and from one another promoting constant skill development.





Social connection

Building connections with your teammates can reduce feelings of loneliness. Interactions during work can help you make friends and improve overall wellbeing.



Wellbeing On the Web (WoW), is the guardian of your company's wellbeing.



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Dietitians



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