

Mettaminds 'Creating better minds'



Overview

We are constantly striving, moving, balancing priorities in our busy work lives. It is estimated that a third of your life will be spent at work or institutions, or 90,000 hours. Thus, the quality of our time at work or school is vitally important. The wellbeing focus has grown momentum, and employers and leaders are examining ways of improving 'work life'. CIPD, 'Working lives' survey (2019), focused on the quality of jobs and stressed the importance 'ensuring work is a good force for everyone'. The survey looked at '7 dimensions of Job Quality', including pay and job design, but more importantly acknowledging 'work life balance', 'relationships at work', 'Health and Wellbeing'.

Programme Content

Mettaminds offers the 'wellbeing lounge', a pop up space [that can be made permanent] designed to act as a multifaceted wellbeing service in any organisational setting. The wellbeing lounge can serve in many ways, including:

- ★ Surveying staff wellbeing [parameters jointly agreed with the organisation]
- ★ Consulting with staff [Theme based]
- ★ Social area [Theme based]

- ★ Reflection space
- ★ Talk and connect with others or Mettaminds
- ★ Wellbeing practice demonstrations

Benefits

- ★ Engage and consult staff informally
- ★ Producing informative and innovative reports for staff and senior management around 'wellbeing' topics and 'temperature checks'
- ★ Create a wellbeing space for staff that can be made permanent
- ★ Set up and establish effective Wellbeing champion and ambassordorial structures

Options

- ★ Programme sign up, workshop and engagement and design with senior members of the organisation, and creation of a wellbeing lounge.
- ★ Establishing a wellbeing space and champion system
- ★ Bespoke consultancy and staff engagement

Impact

1. The 'Before' outlook and-markers (Feeling in the organisation, stress test, efficiency, Case studies)
2. Post and case studies, vlogs and final organisational report.

Next Steps

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