

# The Real Cost of Wellbeing!

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**At GRAHAM we have a vision, one of Inclusive Wellbeing for our Employee's, Families, Supply Chain and the communities we work within.**

## **This vision must be supported and led by our Senior Managers**

Senior managers at GRAHAM champion and lead Wellbeing, this sets a crucial example for the rest of the organisation. It demonstrates a commitment to employees' Wellbeing and fosters a culture where it is prioritised, which in turn positively impacts productivity, retains and attracts talent and leads to greater job satisfaction.

# Wellbeing at GRAHAM

GRAHAM

- GRAHAM Wellhub.
- Wellbeing Manager.
- BUPA Healthy Minds EAP service.
- Parent Cloud.
- MHFA Network.
- Menopause advocates/support/Free Sanitary products.
- Female Health Champions
- Monthly Interactive Wellbeing Calendar.
- Qtrly Wellbeing focus weeks.
- On-site awareness talks and clinics.
- The list goes on and on.....





# Recognition for the good work at GRAHAM

- And many more to come...

GRAHAM this year will have spent  
**£3 million** pounds on Wellbeing  
that spend will equate to a ROI of  
£15 million pounds

But that will mean nothing if we can't get the Basic's  
RIGHT!

# Ask yourself some questions...

- Did you start on-time this week?
- Did you take a break?
- Did you take a Lunch break?
- Did you finish on-time this week?
- Do you switch your PC/Laptop off when you finish for the day?
- Do you switch your phone off when you finish for the day?



If not, why not???????

So, let's all go back and examine  
the basics of Wellbeing.

Champion them  
Demonstrate them  
Practice them

Simple things that can make a  
biggest difference!



# Thank you

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