

WORKPLACE WELLBEING eLearning

Access our 9 bitesize modules on Kallidus today.

- Learn new ideas and strategies to prioritise yourself, and support your personal wellbeing.
- Improve your confidence and learn new skills in supporting others.



**An Introduction
to Wellbeing**



**Identifying when
support is needed**



**Having wellbeing
conversations**



**Develop your self-
awareness**



**Recommending
appropriate support**



**Creating healthy
workplaces**



**Help with
stress**



**Menopause
wellbeing**



**Suicide
prevention**

Access the full UHBW Wellbeing offer by scanning or [clicking here](#)

