

The Ambiguity of Wellbeing

December 2024



Welcome and objectives

1. Introductions
2. The ambiguity of wellbeing
3. Fundamentals of psychosocial risk management
4. Governance over mental health
5. Q&A/Discussion Time

Key points we will cover:

- ▶ Provide an understanding of the challenges relating to mental health in the workplace.
- ▶ Highlight the importance of clear definitions and targeted strategies for mental health.
- ▶ The importance of the role of governance in managing psychosocial risks.



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What is Wellbeing?

So why the challenges with "wellbeing"?

Broad definition

Impact on mental health focus

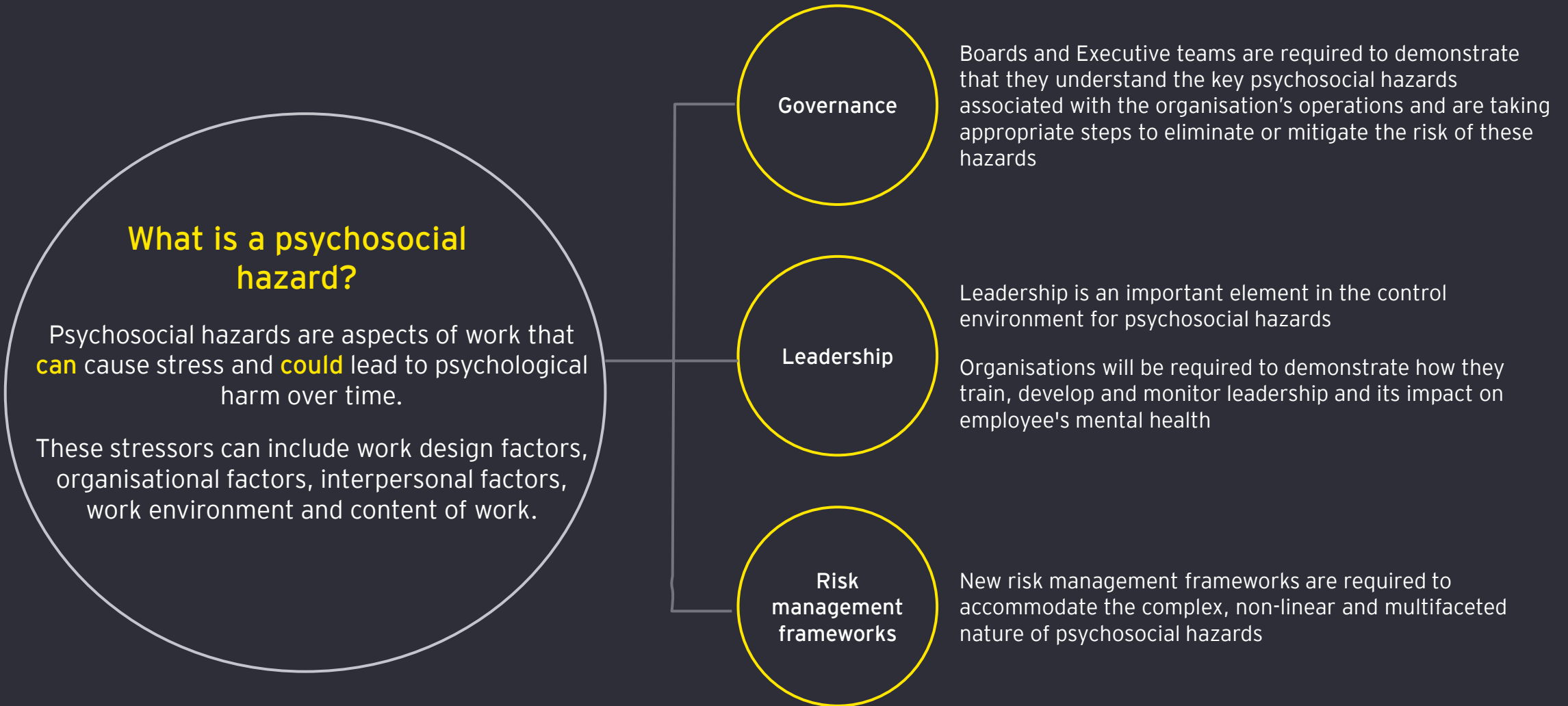
Workplace implications

The Need for Clarity in Mental Health Definitions

1. Focus on Mental Health
2. Importance of Clear Definitions
3. Addressing Specific Hazards



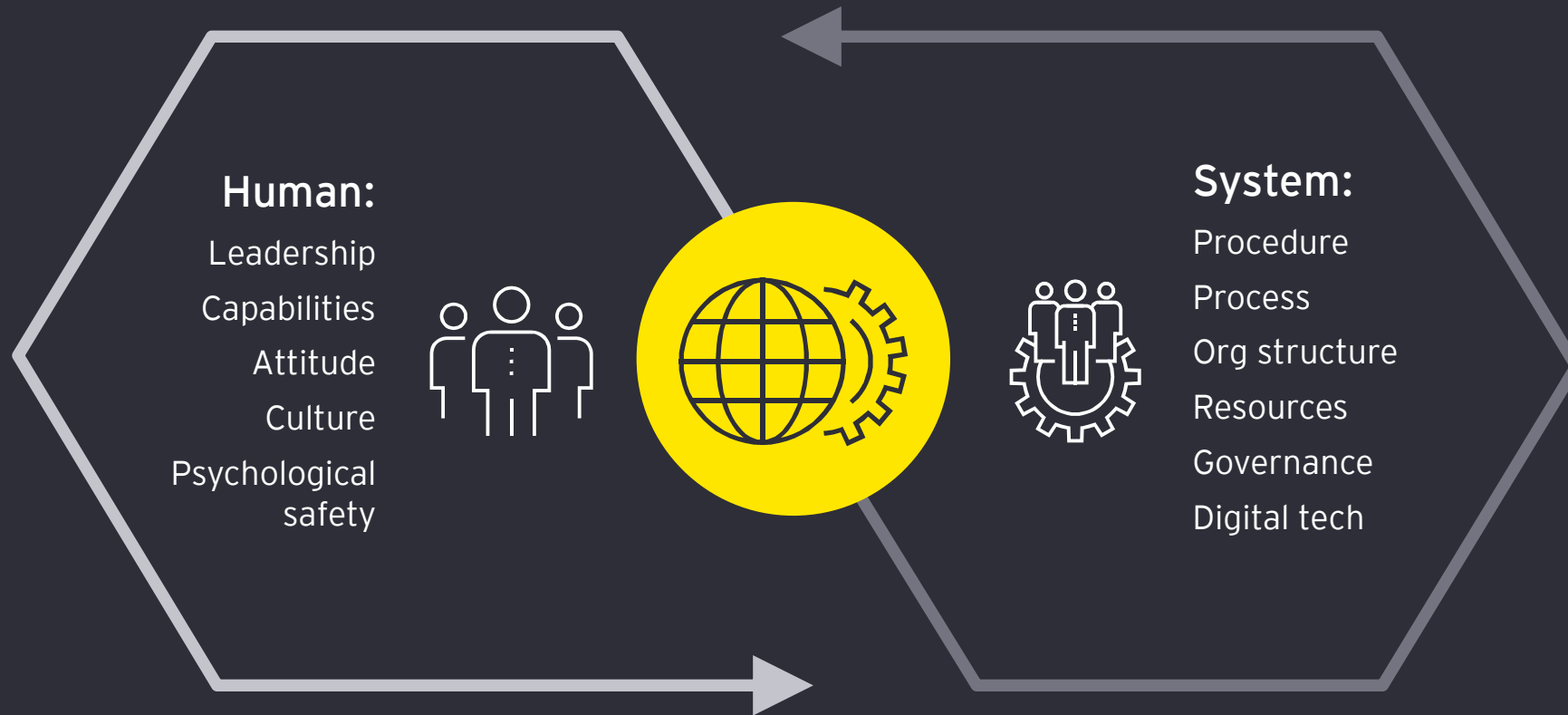
So, why is this important for the way we manage mental health at work?



A complex problem



Key Governance Questions





Conclusion

Q&A time

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