

Managing Health & Wellbeing at Work

Workbook



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Managing Health & Wellbeing at Work

A very warm welcome to you. It's so good that you can join us today for a very important program of managing health and mental wellbeing at work. Mental health at work matters because it affects productivity, performance and safety of the employees, leading to financial impact for the organization.

Developers and Instructors of the program:

IGROW CORPHEALTH



We are a multi-disciplinary team of Management Consultants that are passionate and committed to partner Business Owners, Leaders and Human Capital Professionals to develop their people to Hit Goals and Finish Task, each time, every time through a systematic process to change mindset, form new behaviors and effective habits to achieve success.

We are very confident we can help you because we have worked with more than 400 Fortune 500, MNCs, & SMEs, completed more than 700 consultancy projects, conducted more than 5,000 coaching & workshops, impacting more than 75,000 employees since 2009.

We aspire to DELIBERATE and DO and not merely DREAM, thus iGROW aims to positively impact society by constantly striving to be the Thought Leader, Advocate and Enabler of Happiness at Work, Family and in Life.

We have also been recognized for our work and bagged a few awards in the process. Our dynamic and multi-disciplinary team of psychologists, counsellors, coaches and consultants, possessing an avid interest in the psychological capital of every human being.

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Instructors of the program:

**BENEDICT LIM, CEO & Chief
psychologist**



My name is Benedict Lim, and I'm the CEO and chief psychologist of iGROW. If I may share about how iGROW was started, its because I was working with at-risk youth in my first career and realized that one to one, the youth are very good, but when they go back to the home environment every good gets undone. So I was thinking how can we reach out to the people that they are living with? And we figured that most adults spend their time working, right? And if you can make the workplace happy and healthier hopefully they don't bring negativity back home. So, that was how iGROW was started. So right now I dedicate my time and energy helping business leaders who are frustrated with teams missing goals, build work cultures that are results oriented, productive, and loyal, so that there's more time and freedom to grow their business.

Instructors of the
program:

**MARIA PLENGSANGTIP, Partner & Consultant
Psychologist**



My name is Maria Plengsangtip, and I'm a partner and psychologist at iGROW. I'm from Thailand, and now based in Singapore. I help human capital professional facing difficulties to improve employee engagement and health of their employees by designing and developing customized strategies to achieve better health and employee well being. This frees up the precious time and energy to focus on their many priorities at work. I do this through individual counseling, coaching, culture training, as well as lecturing at the local university.

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Ben and I have created this program with the hope that it will help you to create a positive impact in your own work to help spread an awareness of health and mental wellbeing. We will share with you the best practices, tried and tested ways that have worked in our own work with over 450 corporate clients.



In Module One, you will be covering the most important aspects of employee health and wellbeing. But what does it really mean? And what is the impact of health and mental wellbeing at all in organizations?

In Module Two we will focus on fostering a supportive workplace environment. So this includes ways that you can help to identify and support people who need help. Coping with stress and challenges as well as building a supportive culture at work.

In Module Three, we will provide recommendations based on best practices from World Health Organization, and of course from our own corporate experiences with more than 450 large and small enterprises.

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In Module Four, we will dive more into ways to approach employees in need of help, including scripts for you to use so that you can approach and refer employees in need of help.

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How to get the most out of this Program

1. **Schedule Uninterrupted time** for each Module or Section
2. Use the Workbook to **practice and apply what you have learned**
3. **Go back to the previous content if you are unsure**

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That's right. So, in order for you to get the most out of this program, there are three things that are critical and important.

So the first one is to schedule uninterrupted time for each module or section, and we've broken up each of these module into smaller sections, so make sure that you are able to schedule uninterrupted time so you can get the most out of this.

And the second thing is to use the workbook that we have designed to practice and to apply what you have learned. Because knowledge is easy to acquire but it's in the implementation that matters.

And the third one, go back to the previous content if you are unsure. So with these three key points, that will help you to get the most out of this program. So are you ready to go with me and Maria to start this program?