

Your guide to Evolve Workplace Wellbeing



The Evolve Workplace Wellbeing toolkit provides free, evidence-informed workplace wellbeing resources (such as a business case calculator, diagnostic questions, a PDF guide, podcasts, case studies and more).

The resources draw upon cutting edge research and insider insights to help you: understand the proven value of improving workplace wellbeing to your business, build a wellbeing strategy, understand the cost-effectiveness of different wellbeing initiatives and take a free online course on workplace wellbeing.

All toolkit content can be found on www.evolveworkplacewellbeing.org and is free to anyone.

The Workplace Wellbeing team at the University of East Anglia and RAND Europe carry out research on wellbeing at work and productivity. The toolkit distils insights across their many research projects, with practical suggestions (such as how to build a business case for wellbeing activities or how to initiate dialogue with employees over wellbeing) backed up by extensive case studies. The toolkit includes:

- A 2-minute **video** summarising the evidence for the business benefits of improving workplace wellbeing (on homepage, scroll down)
- A **calculator** that helps you build the business case for cost-effective workplace wellbeing activities that benefit the business:
<https://evolveworkplacewellbeing.org/business-calculator/#calculate>
- **Questions** that help you define where you are on the workplace wellbeing journey:
<https://evolveworkplacewellbeing.org/diagnostics/#questionsPoll>
- A **PDF guide** called 'From What now?! To What if? A comprehensive guide to exploring and embedding workplace wellbeing':
<https://evolveworkplacewellbeing.org/wp-content/uploads/2022/03/Explore-and-Embed-Workplace-Wellbeing-GUIDE.pdf>
- Information on how to access our **free course** on wellbeing at work via the host platform Ryze and taster videos from that course:
<https://evolveworkplacewellbeing.org/professional-development/#fp-a-1>
<https://evolveworkplacewellbeing.org/inspiration-hub/>
- **Case studies** of how other organisations have approached key topics:
<https://evolveworkplacewellbeing.org/case-studies/>
- **News and Publications** updated regularly:
<https://evolveworkplacewellbeing.org/news-publications/>
- **Videos of previous presentations** by the team and links to podcasts where our team have been guests:
https://evolveworkplacewellbeing.org/professional-development/#videos_seminars_events
- Access to the new **Evolve Workplace Wellbeing Podcast** (also accessible via iTunes, Amazon Music, Spotify and Google Podcasts) plus links to our podcast hosting page:
<https://evolveworkplacewellbeing.buzzsprout.com>

Additional items on the Evolve website that have been of widespread interest are:

- The **4 Boosts for Frontline workers resources** (infographic, video, handbook, FAQs and evidence supplement)
<https://evolveworkplacewellbeing.org/4-boosts-for-frontline-workers/>
- **Insight into the cost of poor wellbeing in the NHS**
<https://evolveworkplacewellbeing.org/new-report-highlights-the-need-for-investment-in-nhs-staff-wellbeing/>
- **A rapid evidence assessment of how to supervise well** for performance and wellbeing, carried out in relation to the police, but with general application:
<https://www.college.police.uk/guidance/effective-supervision>