GuernseyPorts

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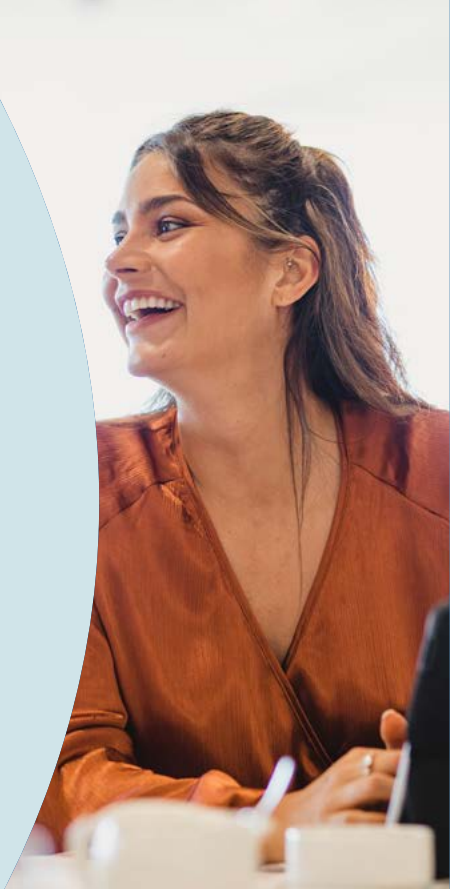
Corporate Wellbeing

Wellness programme

Introduction

The smartest businesses invest heavily in the health and wellbeing of their staff.

A healthy workforce ensures a healthy business and successful businesses are built on a happy and nurtured team. Studies show that when businesses adopt support programmes for their staff, the number of skilled workers increase. Wellbeing programmes reduce employee fatigue and increases staff retention and engagement.

Guernsey Ports are rolling out a Corporate Wellbeing Wellness Programme. The pilot study requires 30 volunteers to take part in the scheme, supported by health and wellbeing specialist, Ian Potter from My Fitness.

The selected Ports employees will have the opportunity to participate in the programme on a voluntary basis, subject to the pilot study being a success.

How does the Corporate Wellbeing pilot study work?

Once a volunteer has signed up to the pilot scheme, they will complete a questionnaire. This is shared with the health and wellbeing specialist, Ian Potter at My Fitness. All information is treated confidentially, and an option will be presented to successful candidates to be contacted by email for correspondence relating to the scheme.

The wellbeing specialist will analyse the data obtained from the questionnaire. Tailored fitness and nutrition advice will then be shared with each candidate, contributing to overall wellbeing.

The candidate will have access to training equipment as well as health and fitness guidance. All steered and curated by Ian Potter from My Fitness via calls, use of a special app and face to face meetings. This tailored approach is based on insights data gathered from the questionnaire and consultancy.

Ian will also provide the employer with a report of his findings. This includes information of what the staff would like from the employer to support them in maintaining or improving their wellbeing.

The relationship between the wellbeing candidates and Ian will continue throughout a 12-month period. Those enrolled in the pilot scheme can contact Ian for further support and advice at any time during this period.

What is a Corporate Wellbeing Programme?

A Corporate Wellbeing Programme can be utilised by an employer to achieve a healthier workplace. It incorporates wellness activities into daily routines and promotes the wellbeing of employees. Creating wellness programmes in the workplace can significantly reduce risks to health which can arise from unhealthy habits such as stress, lack of physical activity and poor diet.

To learn more about the Corporate Wellbeing Programme or to register your interest in taking part, please email claudia.teixeira@ports.gg or call 01481 212256.

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