

Spire Hospital presents:

Wellbeing at Work

FREE seminar including breakfast/lunch for senior management

The well-being of your staff is paramount to your company's success. Stress, absenteeism, health and safety issues and illness can all contribute to a drop in company performance and increased costs. In an increasingly litigious society, HR Advisers and Directors, Company Directors and Managers need to keep updated with the latest legislation, best practice and ideas to help manage staff performance, attendance and well-being.

Monday 27th September
9:30 – 11:30 or 12:00 – 14:00
Spire Bristol Hospital, The Glen

- **Employment Law Update**

1. Possible claims arising from stress in the workplace
2. Managing stress in the workplace
3. Disability Discrimination.

Speakers:

Judith Ellery, *Head of Employment Department, Metcalfes Solicitors*
David Baynton, *Specialist in Employment Law and Commercial Litigation, Metcalfes Solicitors*

- **Latest BUPA Research into Workplace Health**

1. The importance of health in the workplace
2. The role of the government
3. The benefits of health in the workplace for employers and employees

Speaker:

Debbie Kleiner-Gaines, *Managing Director, Best Health UK*

- **Stress in the Workplace**

1. The work environment
2. The physical impact of stress
3. The importance of ergonomically designed work stations

Speaker:

Lorraine Warr, *Physiotherapist, Spire Hospital Bristol*



Spaces are limited – to book your place:

Email your name and contact details to amanda@besthealthuk.co.uk
Or for more information contact Debbie on 0117 370 0350