

Course Code: **M1159**

Building Resilience at Work: Employee Health & Wellness Strategies

COURSE INFORMATION

Sessions
1 day

Duration
7.5 hrs

Level
Beginner

Assessment
NA

VENUE

Address: 3/5 Esan Close, College Estate, Off Oko Oloyun Street, Off Isheri-Igando Expressway, Igando Lagos, Nigeria 100216.

WHAT'S THIS COURSE ABOUT

Topic 1: Health and Wellness Trends and Legislative Compliance

Difference between health and wellness

Benefits of employee health and wellness to companies

Dimension of wellness

Data privacy requirement and employee rights

Work-life balance

Mental health and emotional well-being

Diversity, equity and inclusion

Technology for health and wellness

Topic 2: Development and Integration of Health and Wellness Programs

Program structure for employee health and wellness programme

Engaging employees and...

COURSE FEE

Full Fee NGN 170,000.00

CERTIFICATION

- **Certificate of Completion from Tertiary Courses** - Upon meeting at least 75% attendance and passing the assessment(s), participants will receive a Certificate of Completion from Tertiary Courses.

REGISTRATION

<https://www.tertiarycourses.com.ng/building-resilience-at-work-employee-health-wellness-strategies.html>



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SUPPORT

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