

# How to **support** your people post-pandemic

With Gethin Nadin





# Welcome

- > Ask questions throughout using the chat
- > Questions will be read out, so please say if you want anonymity
- > Session recording and slides sent to you after the event



Who is this  
session for?



# What you told us

When you registered, you told us what mattered to you:

1. Change fatigue
2. Supporting those with social anxiety returning to the workplace
3. How to make sure people are OK when they're working remotely
4. How to start conversations with teams, clients and colleagues



What else would you like to get out of this session?

Add your comments in the chat.





# Three topics

We'll discuss what matters to you, as we navigate through three core topics, crucial to supporting your people post-pandemic:

> Listening > Communication > Trust



# Your speakers



Director, Employee Wellbeing | Benefex

## Gethin Nadin

Gethin's a Member of the British Psychological Society and Fellow at the RSA who has worked in HR technology for over 20 years. A frequent speaker and writer - featured last week in *Forbes* - covering employee engagement, benefits, HR and more.



Co-Founder & CEO | Champion Health

## Harry Bliss

After losing a friend and mentor to suicide, Harry set out to change and save lives by building the Champion Health platform.



A close-up photograph of a dog's ear, showing the intricate details of the fur and the ear canal. The background is a warm, solid orange color. The text is overlaid on the left side of the image.

HOW TO GET  
BETTER AT  
LISTENING TO  
OUR PEOPLE





**COMMUNICATION  
JUST GOT A LOT  
MORE DIFFICULT**







Trust



Good  
Practices

Bad  
Practices



# Q&A

How to support your  
people post-pandemic



Gethin Nadin



Harry Bliss



# Shape the future of workplace health

Contribute your ideas and have them featured in our upcoming guide: **How to support your people post-pandemic.**

Fill in the survey at the end with your thoughts - whether that's a quick tip or something in-depth.

We'll get in contact to confirm, and **publicise your inclusion** when the guide's ready.



# What's next?

- > Webinar recording and slides sent via email
- > Fill in the survey to tell us what you want to hear next
- > Submit your tips in the survey for a chance to be featured in our next guide
- > Follow Champion Health on **LinkedIn** for updates on upcoming sessions



# Making healthier, easier

## Discover Champion Health

Empowering employee wellbeing through data, insight and action. Book your demo today.

> Select "Let's talk" in the closing survey

