# 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 4)



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.









Good Practices Bad Practices



# RA How to support your people post-pandemic







Harry Bliss



# Shape the future of workplace health

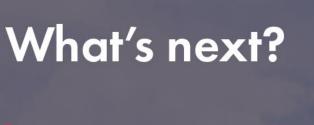
Contribute your ideas and have them featured in our upcoming guide: How to support your people post-pandemic.

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.







- 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

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

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



