



The Workplace Health Wrap Up

Five Predictions for 2022

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
- 💬 If you enjoy this free live session, please tell a colleague or friend about Champion Health



**Who is this
session for?**



CHAMPION
HEALTH

Leadership buy in	"Put on your oxygen mask first"	"Tick-box exercise"	"You're on mute"
Proactive, not reactive	"Nice to have" vs "need to have"	Zoom fatigue	Hybrid working
New normal	"Now more than ever"	"Unprecedented"	The Great Resignation
"At the heart of it"	"Deep dive"	Top down approaches	Everyone has mental health

Workplace Health Bingo

Your host



Co-founder & CEO | Champion Health

Harry Bliss

Inspirational Mental Health Story Winner at *The Mental Health and Wellbeing Awards*, Harry founded Champion Health with the mission to make wellbeing inclusive, accessible and engaging.



Connect with Harry on LinkedIn

Your speakers



Behavioural Change Expert | Champion Health

Professor Jim McKenna

Award-winning professor, and behavioural change expert.



Head of Product | Champion Health

Laura Dallas

Laura's career has taken her on a journey from the NHS to designing the Champion Health platform.



Head of Performance | Champion Health

Jack Green OLY

Double Olympian, mental health ambassador and Head of Performance at Champion Health.



Wellbeing Lead | Champion Health

Dan Craig

Wellbeing Lead at Champion Health with 10+ year's experience in health sciences.

Five Workplace Health Predictions

- 1 Personalization will become the most important factor for success
- 2 Organizations will focus on making data-driven decisions
- 3 Workplace health will include all areas of well-being
- 4 Organizations will move beyond prevention and into action
- 5 Leaders will bring everything into one ecosystem and journey

Five Workplace Health Predictions

- 👁️ Personalisation will become the most important factor for success
- 👁️ Organisations will focus on making data-driven decisions
- 👁️ Workplace health will include all areas of wellbeing
- 👁️ Organisations will move beyond awareness and into action
- 👁️ Providers will bring everything into one ecosystem and journey

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Q&A

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MERRY CHRISTMAS

From the Champion team

CHAMPION
HEALTH