

# Southland Workplace Wellbeing Survey Results

## Who replied?

■ Small Business (39%) 
 ■ Medium Business (29%)  
■ Large Business (16%) 
 ■ More than 100 (8%)  
■ More than 500 (8%)



## Top Services that workplaces are wanting support or access to:



Health Checks

Mental and emotional wellbeing



Being part of a network of health champions

Making healthy food choices



Taking on an established wellness programme- Free/free

## Best way to engage with workplaces for wellness providers:

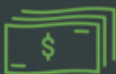


## Barriers or Issues management might face around health and wellbeing of staff



Time

Cost



Sedentary jobs

Lack of motivation



Hard to balance between work and non - work

Confidentiality and privacy



## Successful health and wellbeing approaches/ activities workplaces are doing:



Flu Jobs / Vaccinations

Flexi time / Flexible work hours



Investing into physical activity

Providing fruit for morning tea



Providing subsidies, health allowance

Massages for staff



Thank you