



Reach Out

Employees with higher wellbeing scores are 81% more likely to adapt to organisational change effectively.

81% more likely.
That's a big number.

As a leader, prioritise your team's wellbeing.
Lean on the resources available within the Trust
and what's in your control as their manager.

You're not alone here. The Inclusion and Wellbeing
Team supports your wellbeing and is available to deliver
bespoke training on the Trust's wellbeing offer.
Drop them an email on wellbeing@uhb.nhs.uk