



Training Made Easy

NEBOSH Working With Wellbeing



**LEARNING
PARTNER**

GOLD

080





NEBOSH Working With Wellbeing

Course Overview

The NEBOSH Working with Wellbeing course is designed to provide the skills and knowledge required to tackle health and well-being. The course will look at wellbeing and why it matters. It also looks at practical initiatives to improve wellbeing and how to measure their effectiveness.

Book now

How long will it take?

This one-day course has a minimum of 6 hours of study with a recommendation of 1 hour for the assessment.

Certification

The course is assessed through the development of an effective intervention plan to improve wellbeing in the workplace which will take around one hour to complete. In the assessment, learners will review elements of their workplace's current wellbeing provision and produce a well-being intervention

Who is the course for?

This qualification is for anyone who needs to gain a sound understanding of the principles of health and well-being management at work.

It is particularly suited to managers, supervisors, health and safety, and HR personnel, who have responsibility for or are involved in, the health and well-being of employees as part of their day-to-day duties.

This isn't a qualification for occupational health practitioners or for those who deal with specific medical aspects of health at work.



Wellbeing

Health

NEBOSH Working With Wellbeing

Learner Eligibility

All courses will be presented in English, so all delegates will need to speak, understand, and write in English.

NEBOSH recommends that learners undertaking this qualification should reach a minimum standard of English equivalent to an International English Language Testing System (IELTS) score of 6.0 or higher in [IELTS tests](#).

After reading the course entry requirements, do you feel you have a suitable standard of English to complete this course?

If you selected yes, we would welcome you to sign up for the course. However, if you answered no or are unsure about anything, please use the contact information listed below to [contact us](#).

Booking Terms and Conditions

For course booking terms and conditions please visit the Ligtas website [here](#).

To discuss this course or any other NEBOSH course, please contact us [here](#).

Learning Outcomes

On completion of the NEBOSH Working With Wellbeing course you will have the knowledge and skills to:

- Understand what wellbeing is and why it matters
- Understand how wellbeing can be improved
- Understand how to use interventions to improve wellbeing in the workplace



NEBOSH Working With Wellbeing

Course Options Online eLearning

Online learning offers flexibility for personal development, overcoming barriers like busy work environments. It allows learning anytime, anywhere, accommodating individual schedules and balancing work and family life. With self-paced courses and flexible start times, it's adaptable to various commitments, providing ample time for completion.

[Book Online](#)

Virtual

The live classroom courses on Microsoft Teams offer the advantages of in-person training, allowing learners to engage with content and peers. Ligtas Virtual Training combines eLearning flexibility with tutor support through online sessions. Access course materials and interactive activities on the Ligtas LMS at your convenience, supplemented by scheduled virtual classroom sessions for a traditional training experience online.

[Contact us for more information.](#)

Classroom

Immerse yourself in an interactive, 1 day, face-to-face learning experience. The classroom option provides the perfect opportunity to engage directly with expert instructors, participate in group discussions, and benefit from hands-on practical exercises. Ideal for those who value real-time feedback and a structured learning environment.

[Book here](#)

We also offer closed courses delivered at clients' premises, contact us for more information.



NEBOSH Working With Wellbeing

Course Options

This course is delivered by our Learning partner RRC, who also are holders of the NEBOSH Gold Learner Partner Status.



With Ligtas, you can choose how and when to train your staff



Ligtas

ENABLING SAFE ENVIRONMENTS

Ready to train your staff the Ligtas Way?

Take the next simple steps to unlock the power of learning and development by contacting Ligtas TODAY

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