

Building healthier, happier workplaces together

Stress and Wellbeing Matter – For People and Business

A thriving business starts with a thriving workforce

Workplace stress is on the rise

776,000 UK workers experienced work-related stress, depression, or anxiety last year, leading to the loss of over **16.4 million** working days.¹

How does this affect your business?

Reduced productivity, increased absenteeism, staff turnover, and the risk of costly legal claims.

We offer a solution

The Stress and Wellbeing Audit identifies hidden stressors and provides a clear roadmap to improve employee wellbeing, engagement and business performance.

Source:
1 HSE



Why does this matter to you?

Wellbeing

A business imperative

Ignoring stress isn't just risky—it's expensive

Losing productivity to stress can cost businesses up to **£3,300** per employee annually.²

But it's more than just numbers

Stress impacts your business's reputation, employee loyalty and customer satisfaction.

And the law requires you to act.

- 46% of work-related ill health is due to stress, depression or anxiety³
- Over 21 days are lost per case of workplace stress³
- Employers have legal obligations under the Health and Safety at Work Act to assess and mitigate workplace stress



Sources:

2 Indeed / HSE. Based on an average base salary of £36,636 in 2004 and assuming 21.1 lost days per employee taking leave due to work-related stress, depression and anxiety.

3 HSE

Workplace wellbeing and the Law

Protect Your Business

Protect Your People

Failing to manage workplace stress can lead to serious legal consequences.

In *Green v DB Group Services (UK) Limited*, an employee was awarded £850,000 after suffering psychiatric injury due to unchecked harassment and stress.

In *D v Intel Corporation UK Limited*, a finance assistant was awarded damages after her employer failed to account for her mental health vulnerability.

Workplace wellbeing isn't just a tick-box exercise...

it's a legal and ethical duty

Driving positive change with the Stress and Wellbeing Audit

A Clear Path to a *Healthier Workplace*

Our Stress and Wellbeing Audit evaluates stress and wellbeing across 8 key pillars, including mental health, physical environment, and work-life balance.

We provide

- **Practical Insights** to enhance workplace culture and ensure legal compliance
- **Tailored Recommendations** to reduce stress and strengthen employee wellbeing
- **Personalised Wellbeing Reports** to help employees understand and improve their wellbeing
- **Strategic Solutions** to support the implementation of wellbeing initiatives
- **A Compliance Certificate** showcasing your commitment to a safe, supportive workplace



Your Stress and Wellbeing Audit journey

Transforming Workplaces *Our Process*

Our 4-6 week audit process includes:

- | | |
|-----------------------------------|---|
| 1: Initial Consultation | Discuss your organisation's needs and goals |
| 2: Data Collection | Confidential surveys, interviews, and HR data analysis |
| 3: Insight Development | Identifying areas of resilience and improvement |
| 4: Report and Action Plan | Presenting tailored recommendations to drive sustainable change |
| 5: Solution Implementation | Guidance and resources to help you action the recommendations and create lasting impact |

The value to your workplace

Unlocking Potential *Driving Success*

By investing in employee wellbeing, you'll:

- Boost engagement, productivity, and creativity
- Reduce absenteeism and staff turnover
- Strengthen your reputation and employer brand
- Create a culture where your people and business thrive



The experience behind the Audit

Claire Thomas

Expertise you can trust

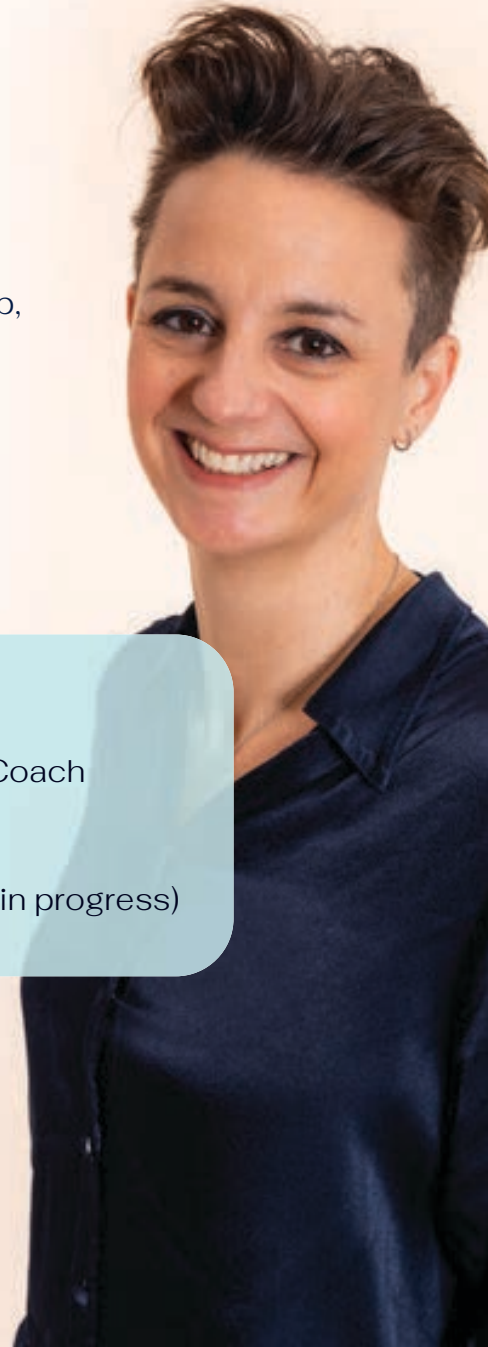
With years of experience in corporate consulting and entrepreneurship, Claire Thomas knows the pressures of running a business and being employed in a business. After her own experience with workplace burnout, she developed the Stress and Wellbeing Audit to help organisations build healthier, more resilient workplaces.

Claire's credentials include:

- Positive Intelligence Mental Fitness Coach and ILM Level 7 Executive Coach
- Certified Workplace Mediator and Mental Health First Aider
- Masters in Mindfulness-Based Cognitive Therapy at Oxford University (in progress)

**Claire's approach combines empathy, strategy
and results-driven insights to empower**

businesses like yours



Your next step

Take Action Today

Don't wait for stress to become a crisis. The Stress and Wellbeing Audit equips your business with the tools to safeguard your employees and your bottom line.

Schedule a consultation to discuss how the Stress and Wellbeing Audit can benefit your organisation.

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Scan to schedule a consultation:



Empower your team, protect your business and

lead the way in workplace wellbeing

