



# Workwise Wellness Solutions

Insights Case Study

# 1: The Challenge

## Overview

Whilst developing their wellbeing strategy, the pandemic unfolded. Suddenly, aware of the anxiety and stress these dramatic changes and challenges posed individually and as an organisation, it became apparent external expertise was needed to successfully support peoples' needs.

The key aim - to destigmatise mental health encouraging positive outcomes, in an open and supportive culture.

A toolkit was needed for people to be as strong as they can be and to give them the confidence to seek the help.



“ The key aim - to destigmatise mental health encouraging positive outcomes, in an open and supportive culture... ”

Yvonne MacPhee

## 2: The Solution

### The Next phase

The search began for a wellbeing partner, Workwise Wellness were already providing content on the employee engagement app Engage4 - developed by Insights' sister company, Vidatec.

The team felt an instant synergy with the warm, flexible, and understanding approach of Workwise and they quickly became a trusted partner. Yvonne MacPhee said "Leigh McKay who led our initial interactions asked us some really pertinent, insightful questions which led to constructive and collaborative conversations about the best way forward. It never felt like a one size fits all offering."

She continued "An employee survey gave our people a voice asking for a focus on mental health, which opened the door for valuable engagement." The project was introduced through their people function. Understanding it may be a difficult topic, offered people the option to suggest subjects to cover, to join the sessions and contribute, or just listen to the recording afterwards to appeal to our global population."



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# 3: The Outcome

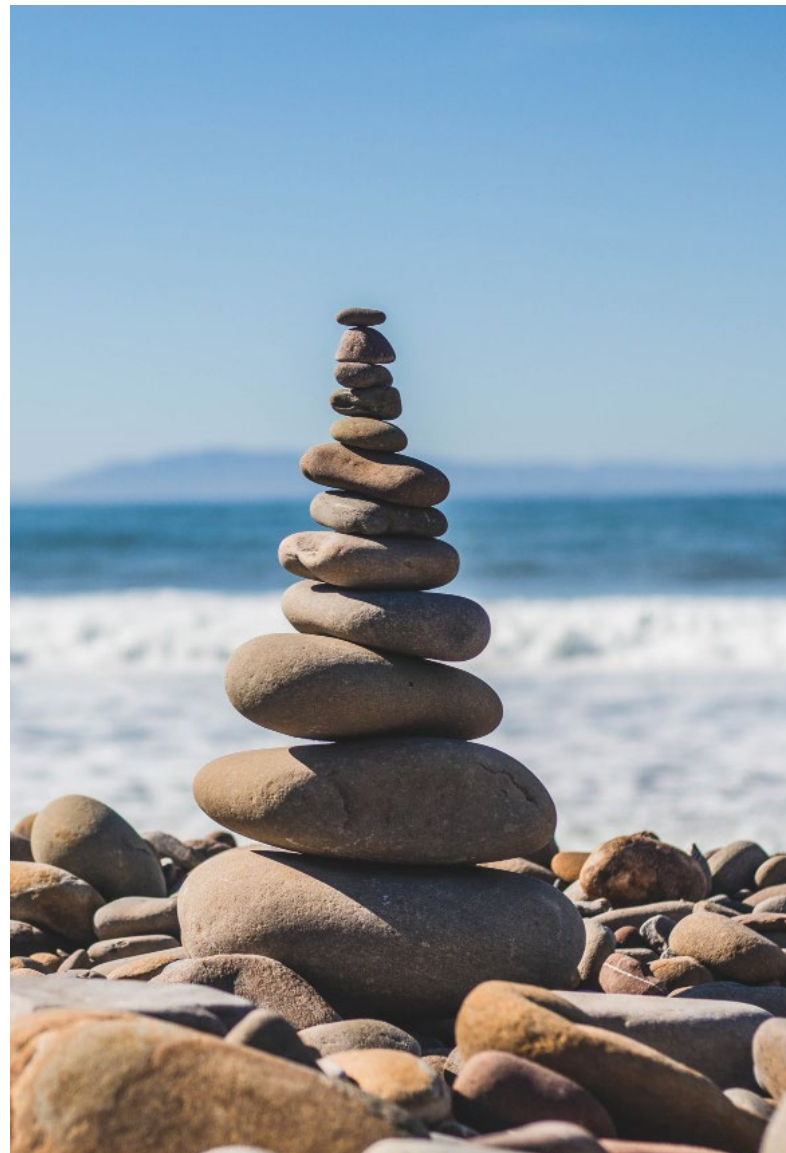
## Delivering success

The impact has been overwhelmingly positive. The Mental Health Management sessions shared by Work Wise were particularly impactful, overcoming the concern of asking the right questions, knowing that whatever the answer they could effectively lead people through the right channels to help.

Yvonne “We saw an upturn in engagement on our Employee Assistance Programme, which we see as hugely positive, and people have felt able to share they have accessed counselling and CBT sessions via their private healthcare”.

“We recently ran a different Men’s’ Mental Health session and some have proudly shared on social media their thanks at working in an environment where this is possible”.

“We know life is constantly changing for people and the business with employee influx and promotion, so plan to run sessions every 6 months to ensure wellbeing remains firmly embedded in our culture”.



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Yvonne MacPhee