INVOKE Well-Being

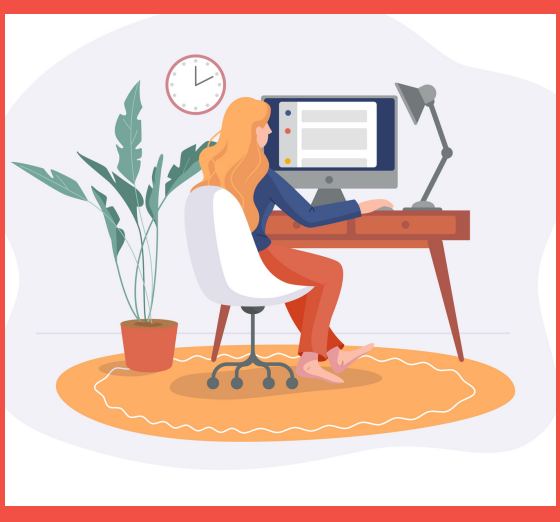
Enhancing your workLIFE

Graduate Well-Being

It has never been more important to look after our mental health and well-being. The global pandemic has affected us all and has had a disproportionate impact on young people. Studies have shown that organisations that support young recruits in their early years of employment, have the opportunity to build a more resilient workforce for the future.

MANAGING THE TRANSITION

Research has shown that getting the transition into the workplace place right improves mental well-being and reduces stress for graduates. This in turn creates better performance and efficiency in work in the long-term.



A SUPPORTIVE WORK ENVIRONMENT

Students are more likely to apply to companies with a positive approach to mental health. Organisations that are proactive about promoting well-being perform better.

WHAT CAN YOU DO?

Graduate Well-Being Workshop

Invoke Well-Being's one hour virtual workshop has been designed to easily slot into any graduate scheme to explore the mental health and well-being needs of graduates making the transition into the workforce.

The workshop is engaging and full of practical tools and techniques for graduates and managers to use in their worklife to manage stress and maintain balance.

Invoke Well-Being specialise in the delivery of short, virtual workshops with the primary goal of improving health and well-being at work.

CONTACT US

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