



*Training Course:
Employee Wellbeing Strategy & Workplace
Wellness Management*

*8 - 12 November 2026
Istanbul (Turkey)
DoubleTree by Hilton Istanbul Esentepe*

Training Course: Employee Wellbeing Strategy & Workplace Wellness Management

Training Course code: HR236579 From: 8 - 12 November 2026 Venue: Istanbul (Turkey) - DoubleTree by Hilton Istanbul Esentepe Training Course Fees: 5775 ₺ Euro

Introduction

The **Employee Wellbeing Strategy & Workplace Wellness Management** training program, designed by **Global Horizon Training Center**, provides participants with a comprehensive understanding of how organizations can develop, implement, and sustain effective employee wellbeing strategies that enhance workforce engagement, productivity, resilience, and organizational performance.

This program explores modern approaches to workplace wellness, including psychological wellbeing, employee engagement, work-life balance, resilience, wellbeing measurement, and the integration of wellbeing initiatives into organizational culture and HR strategies. Participants will gain practical knowledge and tools to design impactful wellbeing programs aligned with business objectives and employee needs.

Objectives

By the end of this training program, participants will be able to:

- Understand the strategic importance of employee wellbeing in modern organizations.
- Develop effective workplace wellness strategies aligned with organizational goals.
- Identify key factors affecting employee wellbeing, engagement, and performance.
- Design employee wellbeing initiatives that support a positive workplace culture.
- Apply best practices in managing workplace stress, resilience, and psychological safety.
- Measure and evaluate the effectiveness of wellbeing programs.
- Integrate wellbeing principles into HR policies and employee experience frameworks.
- Promote sustainable practices that improve employee satisfaction and retention.

Course Methodology

The program will be delivered through a combination of:

- Interactive instructor-led sessions.
- Practical case studies and workplace examples.
- Group discussions and knowledge-sharing activities.

- Wellbeing strategy development exercises.
- Organizational assessments and practical tools.
- Best practice reviews from leading organizations.

Organizational Impact

Upon completion of this program, organizations will benefit from:

- Improved employee engagement and workplace satisfaction.
- Enhanced organizational culture and employee experience.
- Reduced workplace stress and burnout risks.
- Improved employee retention and productivity.
- Stronger alignment between HR strategies and business objectives.
- Development of sustainable workplace wellness practices.

Target Audience

This program is designed for:

- HR Managers and HR Business Partners.
- Learning & Development Professionals.
- Employee Experience Managers.
- Organizational Development Specialists.
- Department Managers and Supervisors.
- Wellbeing and Culture Leaders.
- Professionals responsible for workplace engagement and organizational effectiveness.

Outlines

Day 1: Foundations of Employee Wellbeing and Workplace Wellness

- Introduction to employee wellbeing and its role in organizational success.
- Evolution of workplace wellness from traditional benefits to strategic wellbeing.

- Key dimensions of employee wellbeing:
 - Physical wellbeing.
 - Mental and psychological wellbeing.
 - Social wellbeing.
 - Financial wellbeing.
 - Professional wellbeing.
- The relationship between employee wellbeing, engagement, and performance.
- Understanding current workplace challenges affecting employee wellbeing.
- Building the business case for workplace wellness initiatives.

Day 2: Developing an Employee Wellbeing Strategy

- Principles of effective wellbeing strategy development.
- Assessing organizational wellbeing needs and employee expectations.
- Designing a comprehensive workplace wellness framework.
- Aligning wellbeing initiatives with organizational vision and values.
- Integrating wellbeing into HR policies and practices.
- Creating employee wellbeing roadmaps and action plans.
- Case studies of successful corporate wellbeing strategies.

Day 3: Managing Workplace Mental Health, Resilience and Psychological Safety

- Understanding workplace stress and its impact on performance.
- Identifying causes of burnout and employee disengagement.
- Developing employee resilience and adaptability.
- Creating psychologically safe workplaces.
- Supporting employees through change and uncertainty.
- Promoting healthy communication and supportive leadership behaviors.
- Role of managers in maintaining employee wellbeing.

Day 4: Employee Engagement, Culture and Wellbeing Programs

- The connection between organizational culture and employee wellbeing.
- Designing employee engagement initiatives.
- Building a culture of trust, inclusion, and appreciation.
- Developing workplace wellness activities and initiatives.
- Employee recognition and its impact on wellbeing.
- Improving work-life balance and flexible working practices.
- Enhancing employee experience through wellbeing programs.

Day 5: Measuring, Improving and Sustaining Wellbeing Initiatives

- Measuring employee wellbeing and program effectiveness.
- Developing wellbeing key performance indicators KPIs.
- Employee surveys and feedback mechanisms.
- Evaluating return on investment ROI of wellbeing initiatives.
- Continuous improvement of workplace wellness programs.
- Creating long-term wellbeing governance frameworks.
- Developing an organizational employee wellbeing action plan.

Registration form on the Training Course: Employee Wellbeing Strategy & Workplace Wellness Management

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

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Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng):
Position:
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Personal E-Mail:
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Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
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