



# Hertfordshire Growth Hub

## Wellbeing and Resilience Programme

Liza Armstrong

21<sup>st</sup> October 2021

*Powered by Hertfordshire Local Enterprise Partnership*

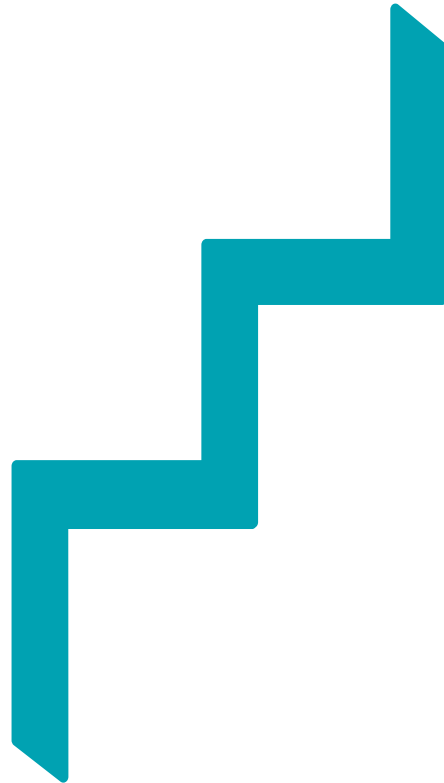
Funded by



HM Government



## About Us



### Local Public & Private Sector Partnership

- Led by and delivered on behalf of Hertfordshire Local Enterprise Partnership
- Delivered by a consortium of partners, led by business support specialists Exemplas, with the University of Hertfordshire and Hertfordshire Chamber of Commerce
- Support is free to access and available to all businesses in Hertfordshire (including the third sector)
- Central point of access for Business Support



# Wellbeing and Resilience Programme

HERTFORDSHIRE  
GROWTH HUB



Working in partnership with Public Health Team at Hertfordshire County Council to offer:

- 1-1 Advice and signposting to local support organisations
- Wellbeing Manual & Toolkit for Advisors, Employers and Business Owners developed by HCC and UCL
- Live Events and on-demand videos
- Guides and Resources in our website 'Knowledge Bank'

Powered by Hertfordshire Local Enterprise Partnership

Funded by



HM Government



# Getting the conversation started

HERTFORDSHIRE  
GROWTH HUB



Developed in partnership with the Behaviour Change Unit at Hertfordshire County Council and UCL Centre for Global Non-Communicable Diseases

The guide includes information on:

- Looking after your own wellbeing
- Effective communication with your workforce
- Offering practical support
- Details of local and national support and resources for both you and your workforce to access

The guide and other articles and templates are available for download from the **Knowledge Bank** on our website

Powered by Hertfordshire Local Enterprise Partnership

Funded by



HM Government



# On-demand videos & articles



- Mind in Mid Herts – Importance of good mental health in the workplace
- Supporting your workforce during challenging times
- Productivity & Managing Stress and Anxiety
- Wellness Action Plans
- Long Covid and Your Business
- The Stress Bucket
- Money Advice
- Local Support Organisations



HERTFORDSHIRE GROWTH HUB

**On-Demand Video: Supporting your workforce during challenging times**

18 Aug 2021 HGH On Demand, Leadership & Management, Recruitment



SUE HAZLETON, HERTFORDSHIRE GROWTH HUB

**Introducing Wellness Action Plans (WAPs) in the Workplace**

11 Oct 2021 Wellbeing



HERTFORDSHIRE GROWTH HUB

**On-Demand Video: Mind in Mid Herts**

1 Sept 2021 HGH On Demand, Mental Health support





# Thank you

Find out more at [hertsgrowthhub.com](https://hertsgrowthhub.com)

*The central point of access for business support*



Powered by Hertfordshire Local Enterprise Partnership

Funded by



HM Government