

# **Your well-being matters**

The four commitments in Wales for creating well-being in the workplace

Create safe working environments which are continuously improving and support health and well-being

# **Financial well-being**

- Employee financial support
- Retirement planning
- Fair pay and benefit policies

# Lifestyle choices

- Physical activity
- Food choice

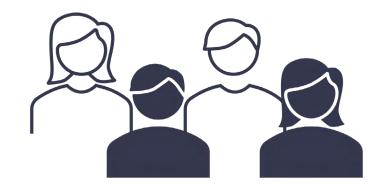
Fair treatment, dignity and respect for all

#### **Health**

- Physical health
- Physical safety
- Mental health

#### **Collective or social**

- Employee voice
- Positive relationships



### **Good workplace**

- Working environment
- Good line-management
- Work demands
- Autonomy
- Pay and reward

Establish workplace cultures where everyone is involved and informed

### **Values and principles**

- Leadership
- Ethical standards
- Inclusion and diversity

### **Personal growth**

- Career development
- Emotional
- Lifelong learning
- Creativity

Prioritise a culture of continuous learning and development