

How we can Design our well-being programs

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Abstract

Considering decision support, educational, different motivational types, team building tools across each of the key dimensions for applying this program. For example, for emotional well-being programs, consider decision support tools to help employees find the right behavioral health provider or treatment facilities. Employees are looking for more than financial incentives when it comes to participating in employer-sponsored health screenings or savings vehicles. Instead, they want to feel these types of programs and tools meet their needs as individuals and connect to them in a deeper, more meaningful way. Well-being is not an isolated program or initiative. Employee well-being is purpose-driven and woven into the fabric of an organization's values and the employee experience. It is inextricably linked to a myriad of policies, programs, and benefit offerings as well as to desired culture, productivity improvement, longer-term organizational talent retention and sustainability of business results. goals, protect against risks, save for contingencies or future needs like college or retirement and cope with financial shocks.

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Biography

My name is Lama Shurafa, I'm 33 Years old, graduated from the university of Jordan as psychology major. Since 2012. I have worked with people of different nationalities and cultural backgrounds which allowed me to gain experience and ability to work effectively in a team to achieve my goals. Currently I am working with WebHelp – JORDAN as Psychologist – Occupational Health & Safety Officer. Throughout my operating experience with them, my passion for my work has

increased as I have improved my skills & experience in the field of employee's wellbeing & satisfaction using the virtual Mental Health care & e psychotherapy services, during the pandemic "COVID-19". In our workplace. As I had the chance to apply different type of methodologies in applying the employee wellbeing structure in such like Cognitive behavioral therapy, neuro linguistic programming, emotional intelligence and much more.