



Hold your own Wellbeing Event

On Wednesday 2nd and Thursday 3rd November, Rail Wellbeing Live will be back BIGGER and BETTER!

We know how important it is to get together, so why don't you bring your team together for your very own RWL Wellbeing Event!

Why host a RWL Wellbeing Event

Improving your physical and mental wellbeing can impact so many different areas of your life, both at work and at home. However, for years in the rail industry we haven't given health and wellbeing the attention it deserves.

When a workplace accident occurs, we rightly spend time challenging, questioning and learning where improvements could be made. What if we did the same for problems with our physical or mental health?

We can always make time for a coffee or a cuppa and have a good catch-up. It doesn't matter if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right.

Where to host your RWL Wellbeing Event

In your depot, station, office or online - whatever works best for you!

What should you do?

It's up to you to do whatever works best for your team. However, please see some ideas below:

- Organise a coffee morning and watch RWL together – get each person to bring some sweet or savoury treats in!
- Organise a lunch and learn session in between the wellbeing events and encourage open discussions.
- Group calls, set up different groups within your company and get them talking about different topics.

Tell us what you will be doing

We'll be highlighting some RWL Wellbeing Events during the opening session on Wednesday 2nd November, so **please do let us know what you're doing**. We want to showcase as many events as possible!

Contact us

contact@railwellbeinglive.co.uk