



Would you like support to thrive at work?

Thriving at Work helps organisations to be inclusive, accessible and healthy workplaces, increasing productivity and creating an environment where all employees can thrive.

The vision for the Thriving at Work project is inclusive, accessible and healthy workplaces that increase productivity and create an environment where all employees can thrive.

Our innovative & dynamic programme offers support to people in work who are neurodiverse, disabled or experience mental health challenges.

All support is free to access and available across
York, North Yorkshire and East Riding.



Department
for Work &
Pensions

Welcome to Thriving at Work...

Our innovative programme supports people in the workplace, helping them develop, unlock potential and increase confidence in their life and work.

We believe everyone can thrive at work with the right support and Thriving at Work offers just that!

The programme offers support to employees, is free to access and available across York, North Yorkshire and East Riding.

All project information can be found on our website and our contact details are below so why not get in touch and see how Thriving at Work can help you today.

So how does the programme work..?

- **About you** - Complete an Expression of Interest Form to arrange a welcome call to explore your suitability for the project. You can find the form here:
betterconnect.org.uk/our-projects/thriving-at-work/workplace-support
- **Welcome call** – One of our Workplace Mentors will be in touch with you to arrange an introductory videocall or meeting.
- **Diagnostic & Action Plan** - Complete a diagnostic, with support from your Mentor, to identify your strengths as well as areas you might wish to improve. From this you will be helped to develop an Action Plan and identify your priorities.
- **Tailored support** – Access tailored support from your Mentor
- **Impact Survey** - At the end of the programme, complete an Impact Survey to assess the positive work and life changes.



t: 01423 795305

e: thrivingatwork@betterconnect.org.uk

betterconnect.org.uk/our-projects/thriving-at-work