Workplace Health Promotion Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Workplace Health Promotion (WHP) is a strategic, evidence-based approach aimed at improving the physical, mental, and social well-being of employees within an organization. In today's fast-evolving corporate environment, organizations are increasingly prioritizing employee wellness programs, occupational health safety, mental health at work, and corporate wellness strategies to boost productivity, reduce absenteeism, and enhance engagement. WHP integrates preventive healthcare, healthy workplace design, stress management, and behavioral change interventions to create a thriving workforce aligned with organizational success.

As global workplaces adapt to hybrid work models and rising psychosocial risks, Workplace Health Promotion has become a critical pillar in human capital development, employee engagement strategies, and sustainable workplace productivity systems. Workplace Health Promotion Training Course equips participants with practical tools, frameworks, and case-based learning to design and implement impactful wellness initiatives. It also emphasizes data-driven decision-making, ESG-aligned workplace health strategies, and modern wellness technologies to ensure long-term organizational resilience.

Programme Curriculum

Workplace Health Promotion Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Understand principles of Workplace Health Promotion (WHP) and corporate wellness frameworks
2. Design effective employee wellness programs aligned with organizational goals
3. Apply occupational health and safety (OHS) standards in workplace environments
4. Develop strategies for mental health and stress management at work
5. Implement ergonomic workplace design and injury prevention systems
6. Promote healthy lifestyle behaviors among employees
7. Integrate digital health and wellness technologies in workplaces
8. Conduct health risk assessments and wellness audits
9. Improve employee engagement and productivity through wellness initiatives
10. Build resilient and psychologically safe workplaces
11. Align WHP strategies with ESG and sustainability goals
12. Measure ROI of corporate wellness and health promotion programs
13. Develop leadership capacity in workplace wellness culture transformation

Target Audience

1. Human Resource Managers and HR Business Partners
2. Occupational Health and Safety Officers
3. Corporate Wellness Coordinators
4. Organizational Development Specialists
5. Team Leaders and Supervisors
6. Corporate Executives and Decision Makers
7. Health and Safety Consultants
8. Employee Assistance Program (EAP) Professionals

Course Modules

Module 1: Foundations of Workplace Health Promotion

- Concepts of WHP and global best practices
- Determinants of employee health and productivity
- WHP frameworks and policy development
- Integration with HR and organizational strategy
- **Case Study:** Google’s employee wellness ecosystem and productivity gains

Module 2: Occupational Health and Safety Management

- Workplace hazard identification and control
- Risk assessment methodologies

- Compliance with OHS regulations
- Incident reporting systems
- **Case Study:** Construction sector safety transformation in Dubai mega projects

Module 3: Mental Health and Stress Management

- Workplace stress triggers and burnout prevention
- Psychological safety at work
- Employee Assistance Programs (EAPs)
- Mindfulness and resilience training
- **Case Study:** Microsoft Japan’s 4-day workweek productivity experiment

Module 4: Ergonomics and Workplace Design

- Ergonomic workstation setup
- Musculoskeletal disorder prevention
- Office layout optimization for health
- Remote work ergonomics
- **Case Study:** Amazon warehouse ergonomic redesign initiatives

Module 5: Nutrition and Physical Wellness at Work

- Healthy eating programs in workplaces
- Corporate fitness and activity challenges
- Hydration and energy management
- Chronic disease prevention strategies
- **Case Study:** Johnson & Johnson wellness program ROI success

Module 6: Digital Health and Smart Wellness Systems

- Wearable technology in employee health tracking
- Wellness apps and gamification
- AI-driven health insights
- Telehealth integration in organizations
- **Case Study:** Fitbit enterprise wellness adoption in tech firms

Module 7: Employee Engagement and Wellness Culture

- Building a wellness-driven organizational culture
- Leadership role in health promotion
- Communication strategies for behavior change
- Incentives and reward systems
- **Case Study:** Salesforce employee wellness and engagement model

Module 8: Monitoring, Evaluation and ROI of WHP

- Key performance indicators (KPIs) for wellness
- Data analytics in workplace health
- Cost-benefit analysis of WHP programs
- Continuous improvement models
- **Case Study:** Unilever global wellness impact measurement framework

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

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