

Ben supports LeasePlan UK with Employee Workplace Engagement Programme



Ben was approached by LeasePlan UK to help the company provide a broader range of wellbeing services for its employees, looking at their physical, social and mental health.

Continuing to build on Ben's focus on the 4 main areas of a person's health and wellbeing – physical, mental, financial and social – the company helped LeasePlan to develop and trial appropriate training sessions and workshops for its employees.

The Ben team began by gaining a thorough understanding of LeasePlan's culture and workforce, to identify some of the typical challenges faced by employees. The insight gained led to the development of a training programme for around 100 managers across LeasePlan's three sites focusing on mental health awareness. The aim was to give managers an understanding of:

- What good mental health looks like
- How to identify signs and symptoms of declining mental health
- Practical steps to take when warning signs are identified.

The next step was a trial of three interactive sessions with LeasePlan employees to gauge their responses. Over 40 employees attended sessions on Mindfulness, Balancing Life and Work, and Dealing with Stress at Work.

The feedback survey following the work place sessions reported 100% of those who took part would attend another mental health session if it were to be offered. 80% of attendees said they would now be more likely to talk openly about their own mental health and over 90% said that following the session they would 'do things differently'.

The success of these trial sessions and the positive feedback received has led Ben and LeasePlan to work together on the roll-out of future work-place sessions, focusing on a number of other holistic well-being topics.



It's easier to leaseplan

“Employee wellbeing is really important for us at LeasePlan and plays a vital role in any successful business. We believe that happy and healthy employees are more productive – and numerous studies back this up. The team at Ben helped to direct our thinking as we look to broaden what we do for our people around well-being.

“So far, we've had some good responses from our employees to the pilot sessions we've held and we're keen to do more – we're confident that good mental health will bring real benefits to the workplace. We are looking forward to continuing our work with Ben in the future.”

Johnathan Webster, Employee and Community Manager at LeasePlan UK

www.ben.org.uk

Free, confidential helpline 08081 311 333

f /BenSupport4Auto
t @BenSupport4Auto

Ben – Motor and Allied Trades Benevolent Fund.
Lynwood Court, Lynwood Village, Rise Road, Ascot
SL5 0FG. A charity registered in England and Wales
(no.297877) and Scotland (no.SC039842). Registered
with the Homes and Communities Agency (no. LH3766).