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# HEALTH & WELL-BEING

FOR CORPORATE & PUBLIC  
SECTOR PROFESSIONALS



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**LEAD PAPER  
DELIVERED AT THE VIRTUAL SEMINAR**

**TOPIC  
HEALTH AND WELL-BEING FOR CORPORATE AND PUBLIC SECTOR  
PROFESSIONAL**

**BY**

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# Content of the discussion

what  
is  
health  
and  
well-  
being

- Corporate/Private Sector
- Public Sector
- Professionals
- How important is Our health to our nation's growth
- Hints for organisation
- Outcome

Individually  
and  
collectively

- Emotionally
- Socially
- Physically
- Spiritually
- Financially

World Health  
Organization



World Health  
Organization

World Health  
Organisation

Health is the state of  
complete physical,  
mental, and social  
well-being and not  
merely the absence  
of disease or  
infirmity

World Health  
Organization

World Health  
Org

**ICPSP**  
Institute of Corporate  
& Public Sector Professionals

The success of any state, organization and any institute is in the protection and promotion of health which is the value to all

No nation was ready to play with their health

Health is  
paramount

There is an  
urgent need to  
attend to the  
issue of health  
and well-being  
of the citizens to  
have a clean bill  
of health

# Corporate / Private sector

Is the part of the national economy that is run by an individuals and companies for profit and is not state controlled.

Other than the fact that they pay tax.

Examples

Sole proprietors

Designers

Developers

Plumbers

Legal

Medical

Small and medium size businesses

Partnership

Tourism and leisure

## Corporate /Private Sector- continuation

Private sector is the engine of economy growth

### Services

- Creating jobs
- Increasing trade
- Providing goods and services to the poor and the community
- Generating tax revenue to fund the basic public services, such as health and education

Example,

We could see some organizations engaging in Corporate Social Responsibilities- seek to add value to an organisation's activities by ensuring they have a positive impact on society, the environment and the economy.

However, the corporate/private sector needs a good public sector to provide, education, health care and infrastructure investment

# Public sector

The public sector is usually comprised of organisations that are owned and operated by the government and exist to provide services for its citizens.

They compose of both public services and public enterprise. They are called state sector.

## - Example

- Military
- Police
- Public Education
- Health care
- Government workers



## Public sector - continuation

Public sector services is intended to service all members of the community

- Right, power and responsibilities
- Operating and financing framework set by legislation
- Importance of the budget
- Governance structures

- Through the process of outsourcing , public sector organisation will often engage private enterprise to deliver goods and services to the citizen.

# Professionals

A professional is someone engaged in a specified activity as one's paid occupation.



A person qualified in a profession .

Example

- Lawyers
- Teachers
- Doctors
- Technicians
- Labourers, etc

- A member of profession who creates and maintains client safety and trust in the professional-client relationship

# Emotional Health and Well-being

- How we think
- How we feel

How we relate  
to ourselves  
and others

How we  
interpret the  
world around  
us

# Business/Workers well-being

**Quality and Safety of the physical environment**

**How workers feel about their work**

**Working environment**

**Workers well-being is a key factors in determine an organisation long-term effectiveness**

# Physical Well-being

**Lifestyle behaviour  
choice to ensure good  
health**

**To prevent disease and  
ill health condition**

**To live in a balance state of  
body, mind and spirit**



Physical well-being can have immediate and long-term health benefits and improve your quality of life

# Hints for Organisation

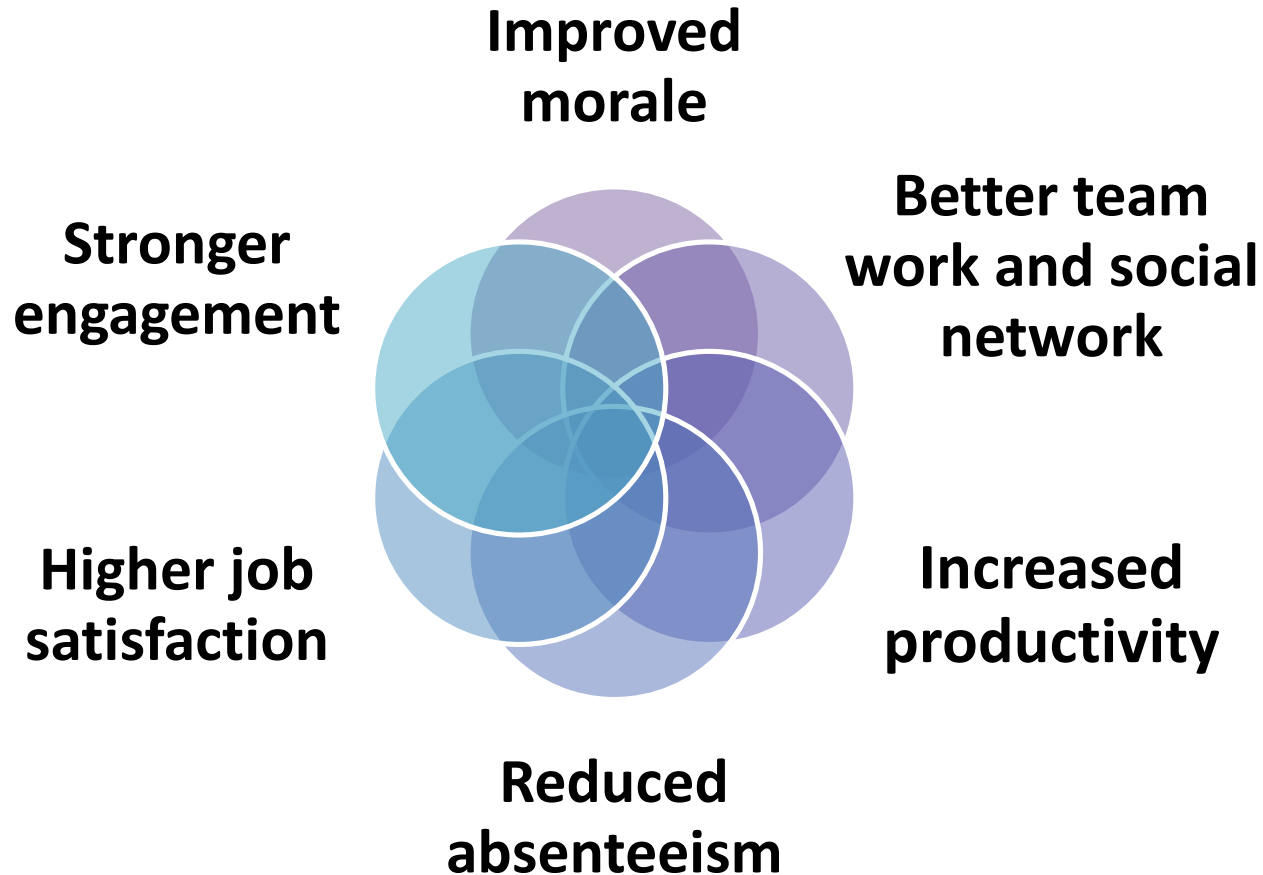
The background of the slide is a stylized illustration of a hospital ward. It features a nurse in a white uniform and mask attending to a patient in a bed on the left. In the center, a doctor in a white coat is looking at a tablet. On the right, a surgeon in blue scrubs and a cap is talking to another staff member. The scene is set against a backdrop of blue and green vertical stripes, suggesting curtains or a wall.

**Healthcare  
for the  
employees**

**Involving  
stakeholders**

**Enhancing  
working  
lives**

# Outcome



# Well-being

Well-being is the experience of health , happiness and prosperity.

It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.



# Conclusion

Well-being  
is just  
feeling  
well

Thank You