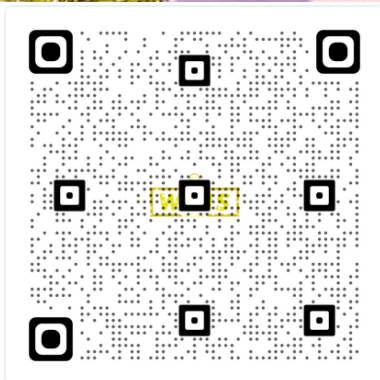


Innovative & Collaborative



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#TOGETHERWEINSPIRE #WHIS

1. Executive Summary

Across the world, workplace wellbeing is under unprecedented strain. Rising stress, burnout, absenteeism, presenteeism, and mental health challenges are impacting productivity, retention, leadership effectiveness, and organisational culture. The World Health Organization estimates that depression and anxiety cost the global economy trillions annually in lost productivity. At the same time, hybrid working, digital overload, economic uncertainty, and workforce shortages are compounding pressure on employees and leaders alike.

Work should be a place where people grow and thrive – not merely exist and survive. WHIS at Work responds to this global challenge with prevention-led, evidence-informed programmes that enhance individual wellbeing and strengthen organisational health. We work with organisations to create meaningful cultural shifts that move individuals, teams, and leadership from surviving to thriving – unlocking productivity, resilience, and sustainable performance.

Foreword

We are living through a period of profound transformation in how we live and work. The workplace has become one of the most influential environments shaping health and wellbeing. Yet too often, it is also a source of stress, disengagement, and burnout. Globally, leaders are grappling with rising mental health concerns, generational shifts in expectations, digital acceleration, and the need to deliver more with fewer resources. If we are serious about prevention – not just in healthcare, but in society – we must start where adults spend most of their time: at work.

Through the World Health Innovation Summit (WHIS), we have convened global leaders to transform health systems. WHIS at Work applies that same prevention-first mindset to organisations.

Our ambition is simple but significant:

To create workplaces where individuals thrive, organisations perform sustainably, and communities benefit.

Workplaces are not separate from society, they shape it. When organisations invest in wellbeing, they strengthen families, communities, and economies.

WHIS at Work is not a tick-box wellbeing initiative. It is a cultural shift grounded in simplicity, significance, sustainable change, and synergy.

Together, we can move from surviving to thriving.

Gareth Presch

Gareth Presch, CEO WHIS
& GSPA



2. The Global Workplace Challenge

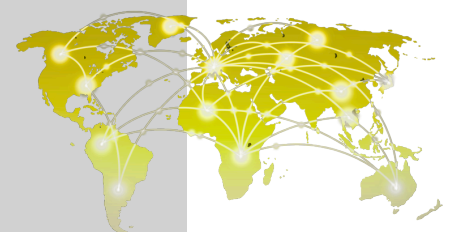
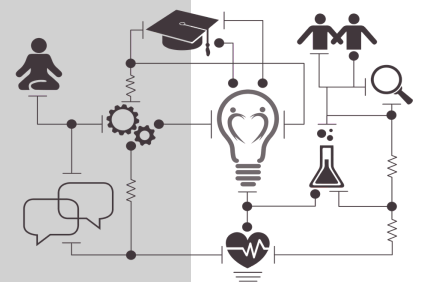


The Global Workplace Challenge

- Increasing stress, burnout, and disengagement
- Rising sickness absence and presenteeism
- Leadership fatigue and decision overload
- Hybrid and remote working pressures
- Reduced productivity linked to poor wellbeing
- Escalating healthcare and insurance costs

Organisations that fail to address these challenges risk talent loss, reduced performance, and cultural decline.

Organisations that act strategically gain resilience, loyalty, innovation, and competitive advantage.



WHIS at Work

Our VISION

Optimising the wellbeing of individuals and enhancing organisational health & performance.



WHIS at Work

Our WHY

Work is a place where you grow and thrive — not just exist and survive.

Our HOW

Creating programmes that embody four core principles:

- Simplicity – Practical, clear, actionable strategies
- Significance – Meaningful impact for individuals and organisations
- Shift – Sustainable mindset and behavioural change
- Synergy – Alignment between individual wellbeing and organisational performance

Our WHAT

Deliver WHIS at Work programmes for individuals, managers, and leaders within organisations.

Our RESULTS

We create change by moving individuals, teams, and organisations from surviving to thriving — leading to:

- Greater productivity
- Decreased sickness and absence
- Stronger resilience
- Improved engagement
- Better overall health

53% SAID “I HAVE A MORE POSITIVE PROFESSIONAL OUTLOOK.”

67% SAID “I HAVE IMPROVED MY PROFESSIONAL NETWORK.”





Why WHIS at Work? Retreats

WHIS at Work Retreats offer immersive, prevention-led experiences that create lasting change — not just temporary relief. By investing in employee wellbeing, organisations reduce turnover, lower recruitment costs, and build a resilient workforce.

Employee Benefits:

- Build stress resilience and coping skills
- Improve mental and physical health
- Increase engagement and motivation
- Develop personal growth and leadership skills

Organisational Benefits:

- Reduce absenteeism and staff turnover
- Boost productivity and performance
- Foster a culture of wellbeing and collaboration
- Ensure sustainable, long-term impact

Our Approach: Tailored, evidence-based programmes with follow-up support to move employees and organisations from surviving to thriving.

WHIS at Work Retreats = healthier employees, stronger organisations, lasting impact.



WHIS at Work Programmes and Workshops Stress & Resilience Awareness

WHIS has developed programmes for Stress and Resilience Awareness through Workshops designed to raise awareness of stress and strengthen resilience in the workplace.

Key Benefits

Participants will:

- Understand what stress is and how it impacts wellbeing and personal effectiveness
- Gain insight into how the mind works and how to apply this understanding to improve workplace productivity
- Identify and recognise physical, mental, and behavioural signs of personal stress
- Learn practical skills for managing stress at work
- Develop tools for building resilience

To find out more about the workshops and our services and how they can benefit your organisation:

Email: info@whis.world



**48% SAID "I FEEL
LESS ISOLATED
PROFESSIONALLY."**

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info@whis.world