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PRESS RELEASE

Wellness in the Workplace- How important is it?

Kingston, Jamaica: On Wednesday, March 14, 2018 the Jamaica Chamber of Commerce (JCC) partnered with Essential Medical Services (EMS) in the staging of the 1st Wellness & Engagement Seminar at the Knutsford Court Hotel. The seminar featured an expert panel of presenters, headlined by Dr. Ijah Thompson (EMS); Dr. Pearnell Bell, Psychologist; Howard Lynch, Director of Policy Planning & Development, Ministry of Health; Trevor Fearon, CEO, JCC; Donovan James, General Manager, DHL; Lisa Taylor-Stone, Project Management Manager, Jamaica Business Development Corporation (JBDC); Dr. Hopelin Hines, Director, Total Rewards & Evaluation, Scotia Group Jamaica and Psychologist Sophia Morgan as the moderator.

The theme of the seminar was “**Unleashing your organization’s optimal productivity & profitability potential**”. One might ask how exactly this fit into Wellness & Engagement in the workplace. Workplace Wellness & Engagement is a holistic process that looks at the whole person and initiatives that can impact the employee’s entire lifestyle, supported through positive behaviour change. If the wellness initiative is not set up in a way where it is relevant to each individual’s lifestyle then it’s unlikely to cultivate lasting behaviour change or impact their level of engagement.

Trevor Fearon, CEO of JCC said the ethos of the chamber is to design and stage events that are beneficial to member firms and corporate Wellness & Engagement initiatives are important because much of the research that is available in the market place underscores the positive impact of workplace Wellness & Engagement. “It improves your bottom line by putting your employees in charge of their health and well-being thus creating a productive profitable workforce”, he noted.

The wellness experts also highlighted the benefits of workplace Wellness & Engagement and the importance of keeping employees healthy. Beneficial Wellness & Engagement initiatives produce better health outcomes, which in turn contributes to a more productive & profitable workforce.

Wellness & Engagement in the workplace go hand in hand. Statistics from the latest JBDC Employee Engagement Report revealed that when employers provide actionable tools and on-going support for employees through wellness plans, there are positive benefits to retention, recruiting and engagement is boost thus impacting employees’ levels of productivity, happiness and engagement. This was supported by one of the presenters’ synopsis of how well his firm’s corporate wellness initiative impacts its productivity and profitability.

Donovan James, General Manager of the international shipping, courier, and packaging service DHL, said that DHL's corporate wellness initiative has been in place since 2015 and has proved to be “great for managing the company’s health care costs as well as helping employees identify health issues they may not have otherwise discovered.

Intuitively, corporate Wellness & Engagement initiatives show employees that their organization “cares” and that is never a bad thing! In sum, healthier **employees = happier workforce = more productivity = more profitability**.

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