Garnet
Garnet Global Training Center

GGT-HR-119

Human Resources

Wellbeing at Work Programs

برامج الرفاه في بيئة العمل

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (management)**

Overview

Wellbeing at Work Programs equips managers and specialists to plan, organise and control this area of work, set targets and measure results. Build the people systems that attract, grow and keep the talent an organisation depends on. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Set up and run Wellbeing at Work Programs as a managed process with clear roles.
- Plan resources, budgets and schedules realistically.
- Define KPIs and build simple dashboards for management.
- Control risk, quality and compliance in this area.
- Lead improvement projects and measure their benefit.

Who should attend

HR managers and business partners, recruiters, L&D and reward specialists. It suits supervisors, section heads and specialists who manage, or are about to manage, this area.

Key topics

- HR strategy aligned to business goals
- Competency frameworks
- Labour law essentials in the region
- Metrics and HR analytics
- Engagement and retention
- Policy and process design

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Wellbeing at Work Programs: the management framework

- Engagement and retention
- Hands-on workshop on a workplace challenge

Day 2 Planning, resources and budgets

- Policy and process design
- HR strategy aligned to business goals

Day 3 Performance measurement and control

- Competency frameworks
- Common mistakes and how to avoid them

Day 4 Risk, compliance and improvement

- Labour law essentials in the region
- Regional and international case studies

Day 5 Management case study and action plan

- Metrics and HR analytics
- Checklists and templates to take away

10-day outline

Day 1 Wellbeing at Work Programs: the management framework

- Engagement and retention
- Hands-on workshop on a workplace challenge

Day 2 Planning, resources and budgets

- Policy and process design
- HR strategy aligned to business goals

Day 3 Performance measurement and control

- Competency frameworks
- Common mistakes and how to avoid them

Day 4 Risk, compliance and improvement

- Labour law essentials in the region
- Regional and international case studies

Day 5 Management case study and action plan

- Metrics and HR analytics
- Checklists and templates to take away

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Group discussion and peer review

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Measurement and reporting

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
12–23 Apr 2027	10-day classroom	Geneva	English	8,950
7–11 Jun 2027	5-day online	Live online	Arabic	2,950
4–8 Oct 2027	5-day classroom	Amsterdam	English	4,750
8–12 Nov 2027	5-day classroom	Barcelona	English	4,750
17–21 Apr 2028	5-day classroom	London	English	4,750
6–17 Aug 2028	10-day classroom	Manama	English	8,950
3–7 Sep 2028	5-day classroom	Cairo	Arabic	4,750
13–24 Nov 2028	10-day online	Live online	English	5,450
21–25 Jan 2029	5-day classroom	Muscat	Arabic	4,750

Dates	Format	City	Language	Fee (USD)
5–9 Feb 2029	5-day online	Live online	English	2,950
9–13 Jul 2029	5-day classroom	London	English	4,750
19–30 Nov 2029	10-day classroom	Vienna	English	8,950
6–10 Jan 2030	5-day classroom	Kuwait City	Arabic	4,750
8–12 Apr 2030	5-day classroom	Dubai	English	4,750
3–14 Jun 2030	10-day classroom	Istanbul	English	8,950
21 Oct – 1 Nov 2030	10-day online	Live online	Arabic	5,450

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/