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| **Wellbeing Certificate of Recognition Application Form** |

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| **The Wellbeing at the Bar programme is looking for examples of wellbeing related activity that individual chambers, SBAs, circuits and Inns of Court are willing to share with others in the *‘Policy & Practice’* section on our Wellbeing at the Bar online platform [See** [**https://www.wellbeingatthebar.org.uk/policy-and-practice/case-studies/**](https://www.wellbeingatthebar.org.uk/policy-and-practice/case-studies/)**].****Case Studies may include:*** Developing a wellbeing policy; or
* Increasing awareness of wellbeing; or
* Developing resilience training schemes e.g. mentoring or coaching schemes; or
* Promoting wellbeing initiatives e.g. yoga or mindfulness sessions or sponsored runs etc.
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To assist you in submitting an application form for a Certificate, please complete the form (page 2).

For further information on the Terms & Conditions of the Wellbeing Certificate of Recognition, please see the [guidance document](https://edm:443/id%3AA592693).

If you have any questions or problems in completing the form, please call Sam Mercer T: 0207 611 1320 or E: smercer@barcouncil.org.uk.

Once completed please send the form to smercer@barcouncil.org.uk

***TIP:*** *Please don’t worry about writing an enormous amount, or if the nature of your policy or initiative doesn’t lend itself to all the headings (just leave them blank – if you have any questions, please give the Bar Council a call).*

Before publication on the website the case study will be sent to you for final sign off. Please provide the following to enable us to do this:

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| Your name: |  |
| Your email/telephone no.: |  |
| Organisation you are submitting the case study on behalf of: |  |

If you would prefer that your case study was not published on the Wellbeing at the Bar website, please give us a call on 0207 611 1320 to discuss.

We would like as many organisations to be published as possible as it makes your story much more relevant and useful to others.

**Please complete the following:**

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| **The ‘business case’ for action** (in 250 words or less) *Why your Chambers/SBA/Inn/Circuit did what you did. What problem you sought to address. What opportunity you identified.* *Note: A business case for wellbeing usually touches on the following:* * *Financial (reducing sickness absence)*
* *Population change (the ageing workforce increases the need to be proactive in managing chronic illness and long term conditions at work)*
* *Reputation (being a good employer)*
* *Legal compliance (meeting requirements of health & safety and equality legislation)*
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| **What your Chambers/SBA/Inn/Circuit did** (in bullet points)*Detail on what action was required and by whom e.g. governance, policy, edcuation* |  |
| **What the results were** *Outline benefits gained and/or experience of the intervention*  |  |
| **Tips** *List your top 3 Dos and Don’ts - what advice you would share with others considering doing something similar* |  |