

For Immediate Release

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Buck Consultants Launches Wake-up to Workplace Wellbeing Campaign

Encourages employers to review workplace practices: provide guidance for wellbeing strategy for 2015.

LONDON, 9 September 2014, -- [Buck Consultants at Xerox](#) announces September as 'Wake up to Workplace Wellbeing' month to encourage U.K. businesses to think about how they manage the wellbeing of employees and help them build successful [wellbeing programmes](#) resulting in happy, healthy and engaged staff.

During September, Buck will highlight different aspects of workplace wellbeing in order to bring each one to the forefront of employers' minds for their plans for 2015.

Martyn Anwyl, head of Health and Productivity, Buck Consultants at Xerox said: "Wellness techniques continue to diversify, so businesses need to regularly update their programmes to keep employees happy and engaged, as well as to help tackle serious issues such as stress and depression.

"The benefits of a successful wellness programme are felt throughout any business, so if a company is thinking about putting one in place or is re-evaluating its current strategy, the resources we are offering this month are a great place to start," said Anwyl.

Experts will provide employers with insight via articles and Buck Consultants' [blog](#) into improving nutrition and physical health in the workplace, including a list of 'the top-five fitness devices' as part of the growing gamification trend. These tips help encourage sustained changes in behaviour, healthier choices and the measuring of personal and team progress.

At [EB Live](#), Europe's largest employee benefits trade show on 24th September Buck will present 'Tackling Mental Health Issues', which will consider not just remedial actions, but risk management, prevention and resilience. The discussion will cover how [U.K. businesses rank anxiety, stress and depression in the top five of drivers within a workplace wellbeing strategy unlike many other global companies](#).

Buck will also provide a step-by-step visual guide to implementing a wellness plan for 2015, including guidance on how to measure the success of a programme.

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About Buck Consultants at Xerox

Within Xerox, Buck Consultants is the consulting strength of the Human Resource Services (HRS) division. We offer advisory, technology, and administration solutions to help you effectively manage your programmes while engaging your employees in their health, wealth, and career. By integrating our HR consulting know-how with HRS' core services, we can offer additional innovative and customised solutions to help you overcome your HR challenges. Together, we can ensure you have the right people in the right positions at the right time to save money and achieve your business goals. Learn more at www.xerox.com/hrconsulting.

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