

myWellbeing

At IHG we know that...

- We all have good and not so good days
- It's okay to not always be okay
- Nobody expects us to be perfect
- It's okay to prioritise our wellbeing
- Support is always available without judgement
- We're all on our own journey and need different things at different times.

Health

You feel reassured that your colleagues, managers and the business have your mental and physical wellbeing at heart.

Lifestyle

Your personal needs can be accommodated alongside those of the business and your role, with flexible and adaptable working patterns.

Workplace

Your workplace is comfortable, safe and inclusive and helps you achieve your best.



We are one team, caring enough to listen. You are only ever just one step away from support.

- **Speak to a colleague.**
- **Speak to your manager.**
- **Speak to HR.**
- **Speak to a professional.**
- **Utilise our resources.**