# Certificate of Wellbeing Pledge

This document is to be used by Social Media / Comms Teams, to advertise your organisations committed to wellbeing.

**To bespoke this wellbeing pledge:**

1. Follow the link to the editable Canva document: [https://www.canva.com/design/DAGqOhITNr0/k5lQb\_zzNdZF09RHAre6LA/view?utm\_content=DAGqOhITNr0&utm\_campaign=designshare&utm\_medium=link&utm\_source=publishsharelink&mode=preview](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinks.uk.defend.egress.com%2FWarning%3FcrId%3D684bfa68e655bc3186c69cbd%26Domain%3Dpamgroup.co.uk%26Threat%3DeNpzrShJLcpLzAEADmkDRA%253D%253D%26Lang%3Den%26Base64Url%3DeNpNjckKwjAURf_GZdONgkKQgDiAVBRXbkqaPJrQviRmaKBfb40bl3c6V8Xowo6QnHMluJl4JSwSCUH3hhzY6X1Tl2fjazKsx3vXznMjX8d6-zgzD5srI5OGvE8RW2FNBBPp32ZVfI6OLzD6YwbFPZQAQeqEdNRmKDrY5AVQl7pRB1V6JUMrF9fD9-kDd5xAzQ%253D%253D%26%40OriginalLink%3Dwww.canva.com&data=05%7C02%7C%7Ca6cf4b302c0646a94b6808ddaa63510b%7C0f404ff9638048c8aa4b7ab39cc83477%7C0%7C0%7C638854065710028410%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=S1uny1%2FNi17bXUetUdKMdzZDPnMZA8jcJYyGA2rD0G0%3D&reserved=0)
2. Insert your Organisation’s name;
3. Add your signature;
4. Insert your Organisation’s logo;
5. Download and then use across Social Media.

**Here’s some suggested text for you to use:**

We're really excited to be supporting the wellbeing of our organisation with the help of @**PAM Wellness**!

Thanks to this partnership, our teams now have access to @**Champion Health** — a powerful platform designed to enhance mental, physical, and emotional wellbeing.

Together, our people benefit from:

* Personalised wellbeing insights through confidential health assessments
* Expert-led content on stress, sleep, nutrition, and financial wellbeing
* Action plans and wellbeing nudges to support lasting healthy habits
* Access to mental health support, fitness challenges, and more

We're proud to invest in tools that empower our people to thrive — both personally and professionally.

#Wellbeing #MentalHealthMatter #PeopleFirst

