Workplace Wellness Leads To Employee Potential & Healthy Environment – A Study In The Middle East

The research focuses the importance of maintaining a healthy and productive workforce through workplace wellness programs. The study refers to the companies in Middle East. It discusses the role of management in promoting wellness among Corporates in the Middle East. A flowchart was devised in the study which would serve as a useful guide for the successful implementation of the wellness program at the companies. It explains how a wellness strategic plan will enhance a supportive work environment by keeping their employees motivated and engaged. It concludes the study with a piece of advice to employers to consider wellness programs as an investment on employees which would definitely prove beneficial and cost effective in the long run.