

The background is a watercolor-style illustration of a field of flowers, possibly lotuses, in various colors including blue, purple, pink, and red. The colors transition from blue on the left to red on the right. A light green archway is centered on the right side of the image, containing text.

Wellbeing

TRANSPORT &
LOGISTIC

Introduction

- Welcome to the ESPORG Wellbeing Program, a pioneering initiative designed to elevate the health and happiness of individuals within the transport and logistics sector. Recognizing the unique challenges faced by our workforce, this program is dedicated to creating a supportive environment that enhances physical health, mental wellbeing, and overall quality of life.



The Wellbeing Program

- In collaboration with industry experts, we are developing a comprehensive framework that addresses the specific needs of workers, promoting engagement, resilience, and job satisfaction. By integrating best practices and innovative strategies, the ESPORG Wellbeing Program aims to foster a culture of wellbeing that benefits employees and organizations alike.



Wellbeing

ROADMAP TO A
HEALTHIER
FUTURE



"Unified Action Plan for Transformation"

- ♦ To transform our vision into reality, it is crucial that we act simultaneously and united, from the top of the pyramid to the ground level. Our action plan consists of several key initiatives:



Wellbeing Pledge -
Manifesto



Wellbeing Working
Groups



“Drive Safe, Park Safe,
Work Safe, Live Well.”



Wellbeing
Ambassador



“Home Away from
Home”



Wellbeing Label

Wellbeing Program Action Plan: Key Steps Forward



Wellbeing Pledge - Manifesto



Wellbeing Pledge - Manifesto

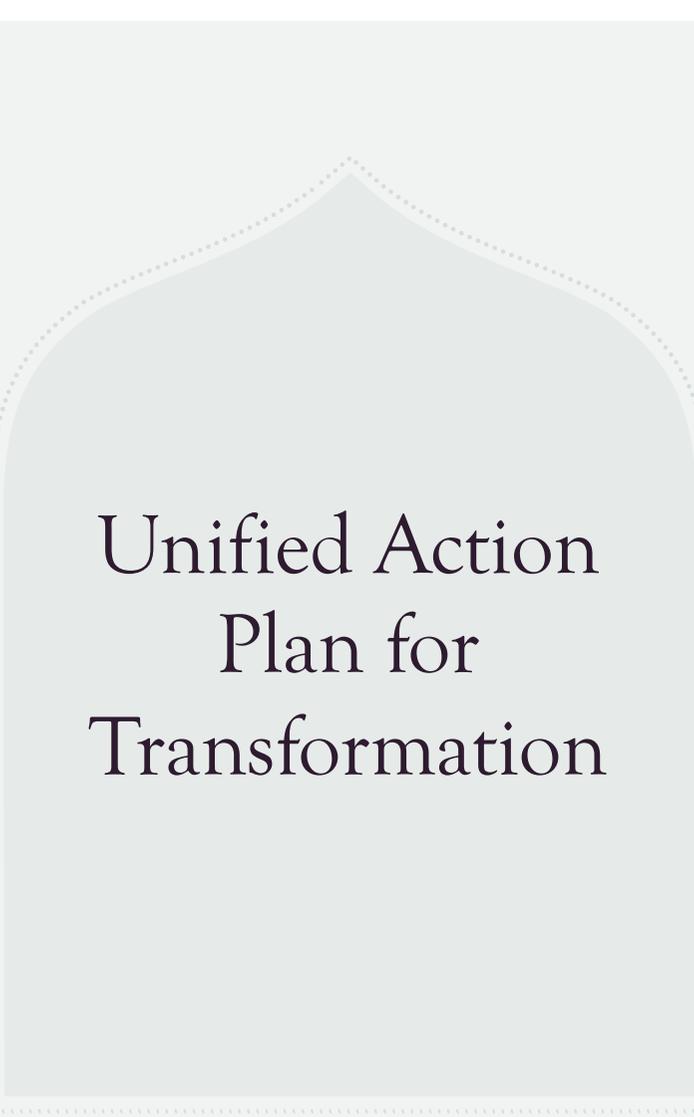
Wellbeing Pledge - Manifesto

- ♦ A commitment from transport industry stakeholders to prioritize driver wellbeing. Recognizing drivers as essential to society and the economy, we emphasize that a well-rested driver is crucial for safety and efficiency.



Wellbeing Pledge - Manifesto

- This manifesto highlights the urgent need for improved mental and physical health support, advocating for a holistic approach that addresses the diverse needs of drivers. Through awareness, education, and investment, we aim to foster a healthier, more resilient workforce.



Unified Action Plan for Transformation

Join Us in This Commitment!

We invite all stakeholders to demonstrate their support by signing the pledge.

How to Get Involved:

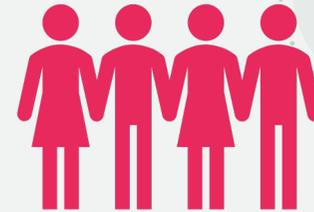
Express Your Interest: Send an email to d.betea@esporg.eu

Explore More: Visit the ESPORG webpage and navigate to the Wellbeing section under Projects.

Together, let's turn our vision into reality!



Wellbeing Pledge - Manifesto



Wellbeing Working Groups

Wellbeing Working Groups

The Wellbeing Working Group

- ♦ is a collaborative coalition of industry leaders dedicated to enhancing the health and wellbeing of drivers across the transport sector. Our mission is to identify and address the unique challenges drivers face, advocating for initiatives that promote mental, physical, and emotional wellness. By fostering a culture of care and support, we aim to improve driver satisfaction, safety, and retention, ultimately contributing to a more sustainable and efficient transport industry.



Working Groups Date & Focus Log



Join the Wellbeing Working Group!

Become a part of the Wellbeing Working Group and help enhance driver health in the transport industry!

How to Join:

Register on the ESPORG webpage under Working Groups.

Email us at d.betea@esporg.eu

Kick-off Date: November 18, 2024

Your voice matters—join us in promoting driver wellbeing!



WELLBEING PLEDGE -
MANIFESTO



WELLBEING WORKING
GROUPS

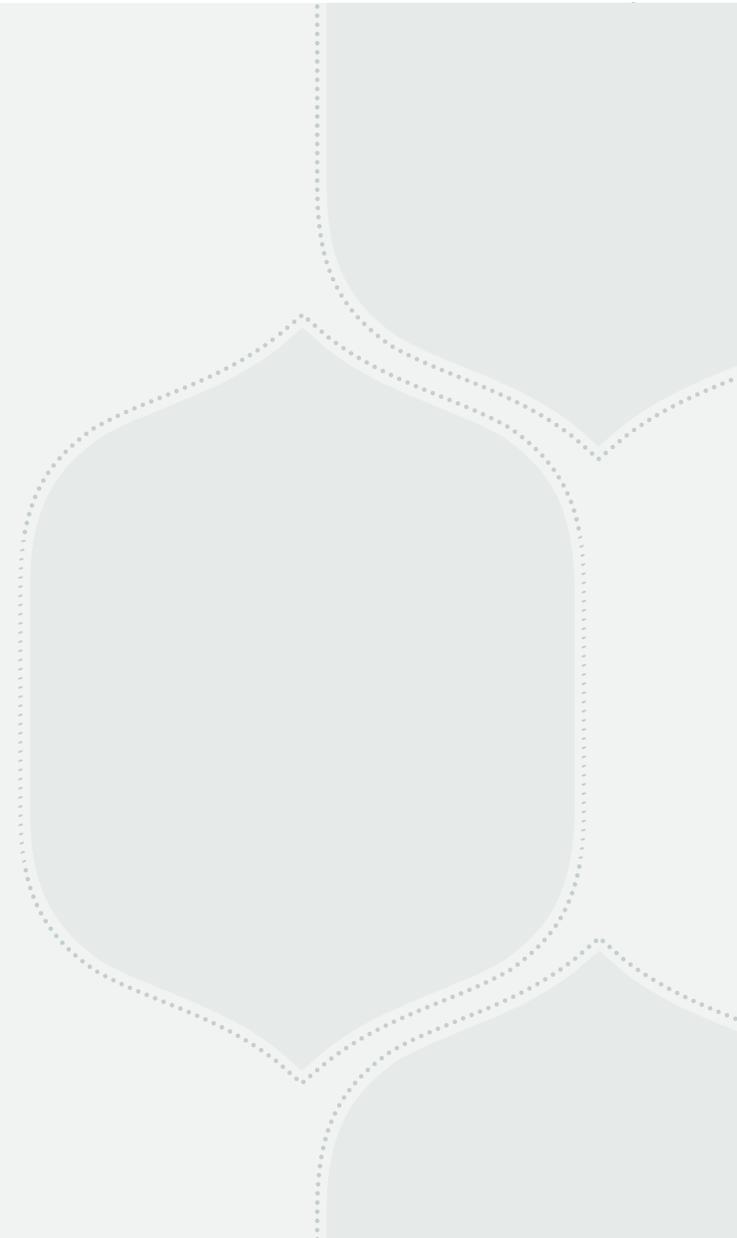


“DRIVE SAFE, PARK SAFE,
WORK SAFE, LIVE WELL.”

“Drive Safe, Park Safe, Work Safe, Live
Well.” Campaign

"Drive Safe, Park Safe, Work Safe, Live Well" Campaign

- A dedicated initiative aimed at promoting the holistic wellbeing of drivers in the transport industry. This campaign emphasizes the critical connection between safe driving practices, secure parking environments, and healthy work conditions. By advocating for safety on the road and in resting areas, we aim to enhance the overall quality of life for drivers..



Join the
Wellbeing
Campaign
Launch!

Be part of the "Drive Safe, Park Safe,
Work Safe, Live Well" campaign launch!

Date: March 5, 2025

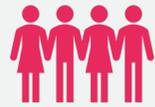
Location: ESPORG Annual Conference,
EU Parliament, Brussels

Register now on the ESPORG webpage
under the Events section!

Together, let's foster a culture of safety
and wellbeing for drivers!



Wellbeing Pledge -
Manifesto



Wellbeing Working
Groups



“Drive Safe, Park Safe,
Work Safe, Live Well.”



Wellbeing Ambassador

The T&L Wellbeing Ambassador

Introducing the T&L Wellbeing Ambassador Title

- The Wellbeing Ambassador title recognizes companies that actively implement and promote effective wellbeing programs within their organizations. This designation highlights a commitment to fostering a culture of health, safety, and employee engagement.

Introducing the T&L Wellbeing Ambassador Title

Key Benefits:

Enhances company reputation as a leader in employee wellbeing.

Attracts and retains top talent through a demonstrated commitment to health.

Encourages a supportive work environment that prioritizes mental, physical, and emotional wellness.

Become a
Wellbeing
Ambassador in
the Transport &
Logistics Sector!

- Elevate your organization by becoming a Wellbeing Ambassador in the Transport & Logistics sector! This prestigious title allows your company to set a benchmark for excellence in workplace wellbeing, fostering positive change for employees and the entire industry.

Become a
Wellbeing
Ambassador
in the
Transport &
Logistics
Sector

Join us in leading the way toward a healthier future for all. To enroll and express your interest, please register at d.betea@esporg.eu

Together, let's drive meaningful change in our industry!



Wellbeing Pledge -
Manifesto



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“Drive Safe, Park Safe,
Work Safe, Live Well.”



Wellbeing Ambassador

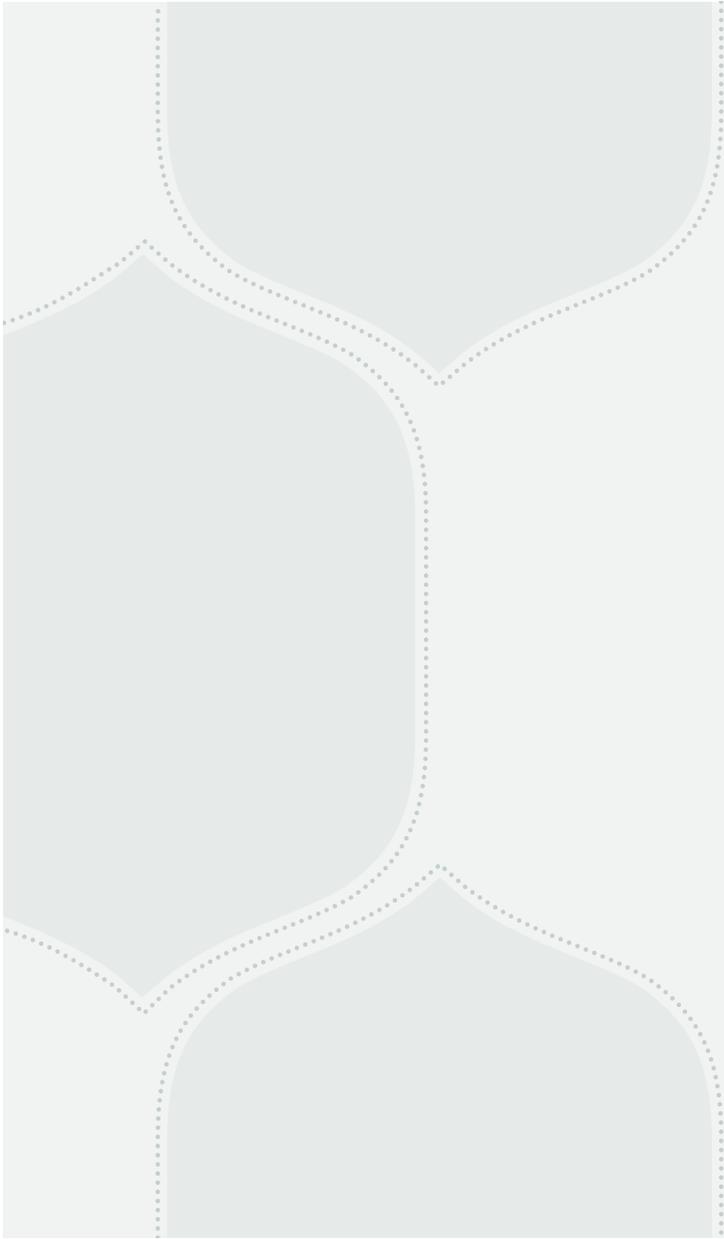


“Home Away from
Home”

“Home Away from Home” - The Concept

"Home Away from Home" Concept

- ♦ refers to creating an environment that replicates the comfort, warmth, and familiarity of one's own home, especially for individuals who are away from their primary residence for extended periods. This concept is particularly significant in industries such as transport and logistics, where drivers and employees often spend long hours on the road or at remote locations.



"Home Away from Home"

- ♦ By embracing the "Home Away from Home" concept, organizations can enhance the wellbeing and satisfaction of their employees, ultimately leading to improved productivity and morale.



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Home”



Wellbeing Label

Wellbeing Label



Introducing the Wellbeing Label

- ♦ is an innovative initiative designed to recognize and certify organizations that prioritize and effectively implement wellbeing practices within the workplace. This label serves as a benchmark for excellence in employee health and wellness, promoting a culture of safety, support, and engagement.



Wellbeing Label

Recognition: Companies that achieve the Wellbeing Label demonstrate their commitment to fostering a healthy work environment, enhancing their reputation as employers of choice.

Standardization: The label provides a clear set of criteria and best practices, guiding organizations in the development and execution of comprehensive wellbeing programs.

Improved Employee Engagement: By obtaining the Wellbeing Label, companies can boost morale, attract top talent, and retain employees, ultimately leading to increased productivity and reduced turnover.

Community Building: The Wellbeing Label encourages collaboration among organizations, fostering a network of like-minded companies dedicated to improving workplace wellbeing across industries.

A light green arch-shaped graphic with a dotted border, containing the text 'Wellbeing Label' in a serif font.

Wellbeing Label

- By embracing the Wellbeing Label, organizations can not only enhance their workplace culture but also contribute to the overall improvement of wellbeing standards in their sectors, leading to a healthier, happier workforce.

Implementing a wellbeing program can have numerous benefits for lorry companies, including improved employee **health**, increased **productivity**, enhanced morale, **reduced accidents**, **lower insurance** premiums, improved **company image**, and better **work-life balance**.

Overall, Lorry companies should consider participating in a wellbeing project for truck drivers to improve **driver retention** and recruitment, **enhance safety**, comply with **regulations**, improve the industry's **image**, and achieve cost savings for its member companies.

Benefits of a Wellbeing Program



Stay safe and
take care!

THANK YOU FOR YOUR
ATTENTION! LET'S
DRIVE SAFE, PARK
SAFE, WORK SAFE, AND
LIVE WELL.

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