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## **HSBC Isle of Man Wellbeing Initiative Recognised in Awards for Excellence**

HSBC in the Isle of Man has won the 'Enhanced Wellbeing in the Workplace' category at the Isle of Man Newspapers' Awards for Excellence last night at Villa Marina.

The award was in recognition of a dedicated '7-week Personal Wellbeing Challenge' that HSBC's new local wellbeing team initiated for almost 200 members of staff in the island and 1,200 people as part of the Isle of Man and Channel Islands business. The challenge explored mental, physical and financial wellbeing by way of educating its employees about the full meaning of wellbeing and inspiring people to take real steps towards lasting changes to their health.

On average each of the 1200 members of staff across the three islands took part in at least one of the 113 different classes, talks, physical activities, meet-up groups and mini challenges during the 7-week Personal Wellbeing Challenge. The majority of events were free with some classes costing as little as £2 per person to ensure they were financially accessible for all.

Commenting on the award, Jaime Amoedo, Country Head, HSBC Isle of Man, said:

"At HSBC, we believe in bringing your whole self to work and feeling your best, and that's only achievable through good mental, physical and financial health. As a workplace it's really important that we encourage this and make it possible for everyone, so I'm incredibly proud we have been recognised for our efforts in this area. The personal wellbeing challenge proved so successful that meet-up groups and classes have continued after the challenge concluded and our staff are healthier and happier as a result."

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**Note to editors:**

**HSBC Holdings plc**

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