

Wellbeing Domains

Mental and Emotional Wellbeing

Arriving at work having been taught skills to do the job is a given. What many of us aren't taught is how to manage and convey emotion, deal with stress and maintain good mental hygiene. Good mental and emotional health helps every day enjoyment adding to inner strength and overall Wellbeing. It takes constant work to keep our minds healthy.

Physical Energy

Pertinent physical Wellbeing knowledge and interventions implemented effectively can send energy levels soaring throughout your organisation. Avoiding an energy roller coaster means steadiness and consistency. Physical Wellbeing means maintaining and improving health as well as lowering the risk of disease.

Health of Your Wealth

Financial Wellbeing starts with knowledge and understanding, followed by action. When employees understand the health of their wealth they are empowered to take control over their financial future. Education and support helps both with day to day life and long term plans.

Purpose

Purpose and values are essential to direct employees and provide them feedback, both of which are critical elements to increasing employee engagement levels. Increased engagement is a response to providing direction, involvement and recognition that has a positive neurological impact on the brain. The brain releases a cocktail of neuro chemicals that leads to increased intrinsic motivation that further aligns employees actions and behaviours to the company's purpose and benefits both business and its customers.

Happy Talk

Communication - listening and being heard - in a healthy productive fashion makes up an essential component of productivity, creativity and collaboration. Connecting with others effectively on a day to day basis, especially in fast moving environments, is instrumental in positive Wellbeing.

Leadership Resilience

Organisations that don't prioritise the need to embed resilience in their leaders do so at their peril. Leaders that are able to flourish in today's disruptive changeable environments will be able to inspire and motivate their teams to achieve more. Leaders role modelling is critical in setting the tone for Wellbeing.

Achieving Balance

Increased working hours, technology fuelled resource and a demanding work culture means the boundaries between home and work are often blurred. Constant negotiation and prioritisation to achieve the balance between home and work is an essential skill to learn.

Wellbeing Nugget

Our Wellbeing nugget is unique - if you'd like to know more then we'd love to share this with you.