

Employee well-being often seems to be an aspect of work companies put off focusing on until it is too late. Research suggests that at any given time 55% of employees are not ill, but not well either. Those who are languishing experience heightened stress and physical and mental exhaustion. Studies also show that the demotivating and contagious effect of working with such a colleague with low mood can lower productivity by about 45%.

A systematic plan of action needs to be carried out to improve employee well-being and to increase productivity along with innovation capability.

This learning journey is designed to start a dialogue about well-being topics, create openness to discuss, and exchange best practices to ultimately make lifestyle adjustments that help improve the well-being of leaders and employees. It will help you identify personal areas to focus on and also enable you to help your team members improve their well-being by creating an environment where everyone can flourish.



Target Audience:

- ✓ All employees

Logistics:

- ✓ In-person or virtual
- ✓ 2 days
- ✓ Max # of participants with 1 facilitator: 25

Objectives:

- ✓ Explore different dimensions of well-being.
- ✓ Define areas to focus on using the State of Energy questionnaire.
- ✓ Set the stage for transformation in physical, mental, and emotional health components
- ✓ Learn ways to manage your technology
- ✓ Build personal and team resilience
- ✓ See the value of social connections
- ✓ Align all well-being dimensions with your purpose
- ✓ Learn ways to adopt a more human-centric leadership approach and foster a culture of well-being