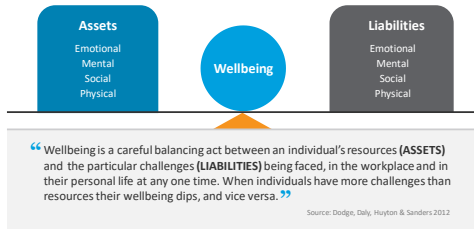


Wellbeing definition underpinning GLWS



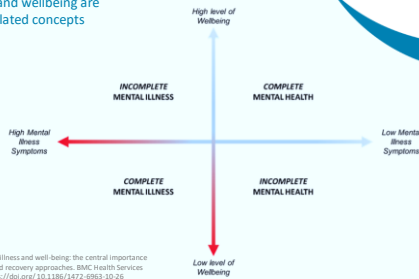
E&S SENSE

glwswellbeing.com

4

The Complete State Model

Mental health and wellbeing are separate but related concepts



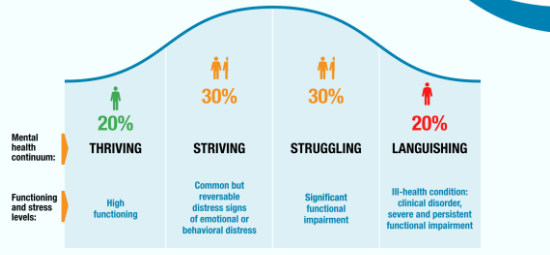
Stade, M. (2010). Mental illness and well-being: the central importance of positive psychology and recovery approaches. BMC Health Services Research, 10(1), 26. <https://doi.org/10.1186/1472-6963-10-26>

E&S SENSE

glwswellbeing.com

5

The workplace wellbeing continuum

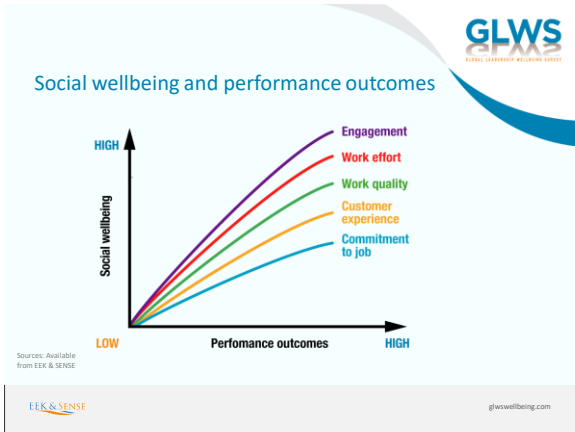


E&S SENSE

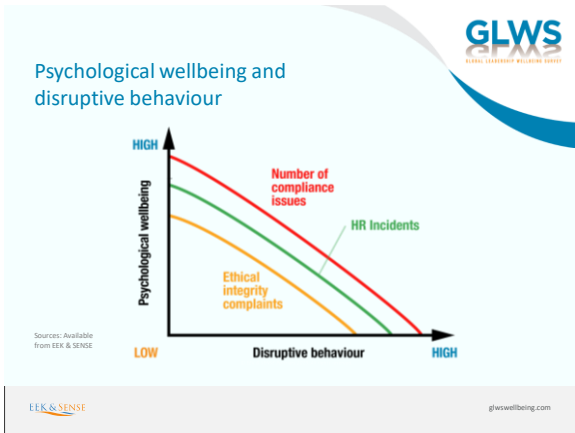
© E&S & SENSE Partners 2020. All rights reserved.

glwswellbeing.com

6



7



8

- ### Why leaders?
1. Big roles, increased demands
 2. Elevated strain, pressure and anxiety
 3. 24/7 connectivity
 4. Conflict with other roles in life
 5. Personal sacrifices and neglecting own needs
 6. Feeling empty and looking more for life
 7. Burn-out and exhaustion increasing
- Sources: Available from EER & SENSE
- EER & SENSE | glwswellbeing.com

9

GLWS
GLOBAL LEADERSHIP WELLBEING GROUP

Our purpose _____

Powering individuals, teams and organisations to thrive by enabling leaders to: 'Learn, Live, Lead & Embed' better wellbeing for all.



Generosity
Fairness **Guiding GLWS values** Quality
Health before Wealth

EEK & SENSE glwswellbeing.com

10

GLWS
GLOBAL LEADERSHIP WELLBEING GROUP

Our mission _____

Developing, promoting and distributing a suite of exceptional digital workplace wellbeing solutions with a constantly growing community of progressive clients, partners and associates.



Generosity
Fairness **Guiding GLWS values** Quality
Health before Wealth

EEK & SENSE glwswellbeing.com

11

GLWS
GLOBAL LEADERSHIP WELLBEING GROUP

Recap

Before progressing to Topic 2, please just pause for a moment to recap and test yourself on the ground we have covered so far by completing the Lesson 1 Topic 1 Quiz.

Once completed, go to Topic 2 which covers GLWS Development, Framework and Principles of Use.

EEK & SENSE glwswellbeing.com

12