



# The Framework



GLWS Reach  
Wellbeing Series

Foundation



**Audrey McGibbon**

CEO and Psychologist, GLWS



# Authentic Relationships

Our relationships with our family, friends, colleagues and community

## Living Well

Aspects of Wellbeing affected by our home, social and personal lives



## Working Well

Aspects of Wellbeing affected by our professional lives



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# Meaning, Purpose & Direction

Our overall sense of whether we are leading a 'good and full life' which holds meaning and purpose for us



## Working Well

Aspects of Wellbeing affected by our professional lives



## Living Well

Aspects of Wellbeing affected by our home, social and personal lives



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# Resilience & Equanimity

Our inner strength and emotional evenness



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## Living Well

Aspects of Wellbeing affected by our home, social and personal lives



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# Vitality & Energy

Our physical health, nutrition, exercise and sleep



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# Balance & Boundaries

Our success in balancing the various demands placed on us in all aspects of our life



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# Intellectual Engagement & Flow

Our intrinsic interest and focus in the work we do



## Working Well

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