

















WORKING WELL

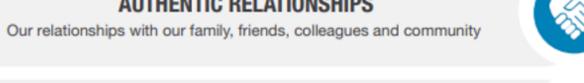
Aspects of Wellbeing affected by our professional lives

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

LIVING WELL



AUTHENTIC RELATIONSHIPS





MEANING, PURPOSE & DIRECTION

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





RESILIENCE & EQUANIMITY

Our inner strength and emotional evenness





VITALITY & ENERGY

Our physical health, nutrition, exercise and sleep





BALANCE & BOUNDARIES

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





INTELLECTUAL ENGAGEMENT & FLOW

Our intrinsic interest and focus in the work we do



Audrey

McGibbon

CEO and Psychologist, GLWS



GLOBAL LEADERSHIP WELLBEING SURVEY

The Framework

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







Meaning, Purpose & Direction



Working Well

Aspects of Wellbeing affected by our professional lives

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

Living Well









Resilience & Equanimity

Our inner strength and emotional evenness



Working Well

Aspects of Wellbeing affected by our professional lives

Living Well









Vitality & Energy

Our physical health, nutrition, exercise and sleep



Working Well

Aspects of Wellbeing affected by our professional lives











Balance & Boundaries

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



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Living Well









Intellectual Engagement & Flow

Our intrinsic interest and focus in the work we do



Working Well

Aspects of Wellbeing affected by our professional lives





