

Definition of wellbeing

The resources and challenges model



- Wellbeing is a delicate balancing act between our resources (**ASSETS**) and our challenges (**LIABILITIES**)
- When the extent of our challenges overwhelms our resources, our wellbeing dips
- When our resources are underutilised, our wellbeing dips



GLWS Reach
Wellbeing Series

Foundation



Audrey
McGibbon

CEO and Psychologist, GLWS

EEK & SENSE