

Wellbeing is a complex challenge

With some known good practices but mostly adaptive, emergent and evolving strategies



GLWS Reach
Wellbeing Series

Foundation



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Organisations as human pressure cookers

- » Wellbeing profiles of 2,720+ leaders and professionals
- » 330,000+ responses to questions

- 60% are drowning in unnecessary admin or 'red tape' at work
- 60% feel stressed and anxious whilst at work
- 60% are prone to high levels of self-doubt
- 75% feel pulled in too many different directions in their roles
- 80% say concentration is compromised by competing demands on attention
- 63% describe being at risk of burnout
- 46% say politics at work detract from their wellbeing
- 28% go as far as saying they experience toxic relationships at work
- 23% almost never get adequate sleep
- 5% feel they 'never or rarely' trust their boss.



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