

What wellbeing shadow are you casting?

What I Say...

I'm busy, no problem, I'll get that to you asap, I'm fine, sure thing

SAY

DO

What I Do...

Skip meals, few breaks, always busy, push self to the limits, sacrifice sleep

What I Prioritise...

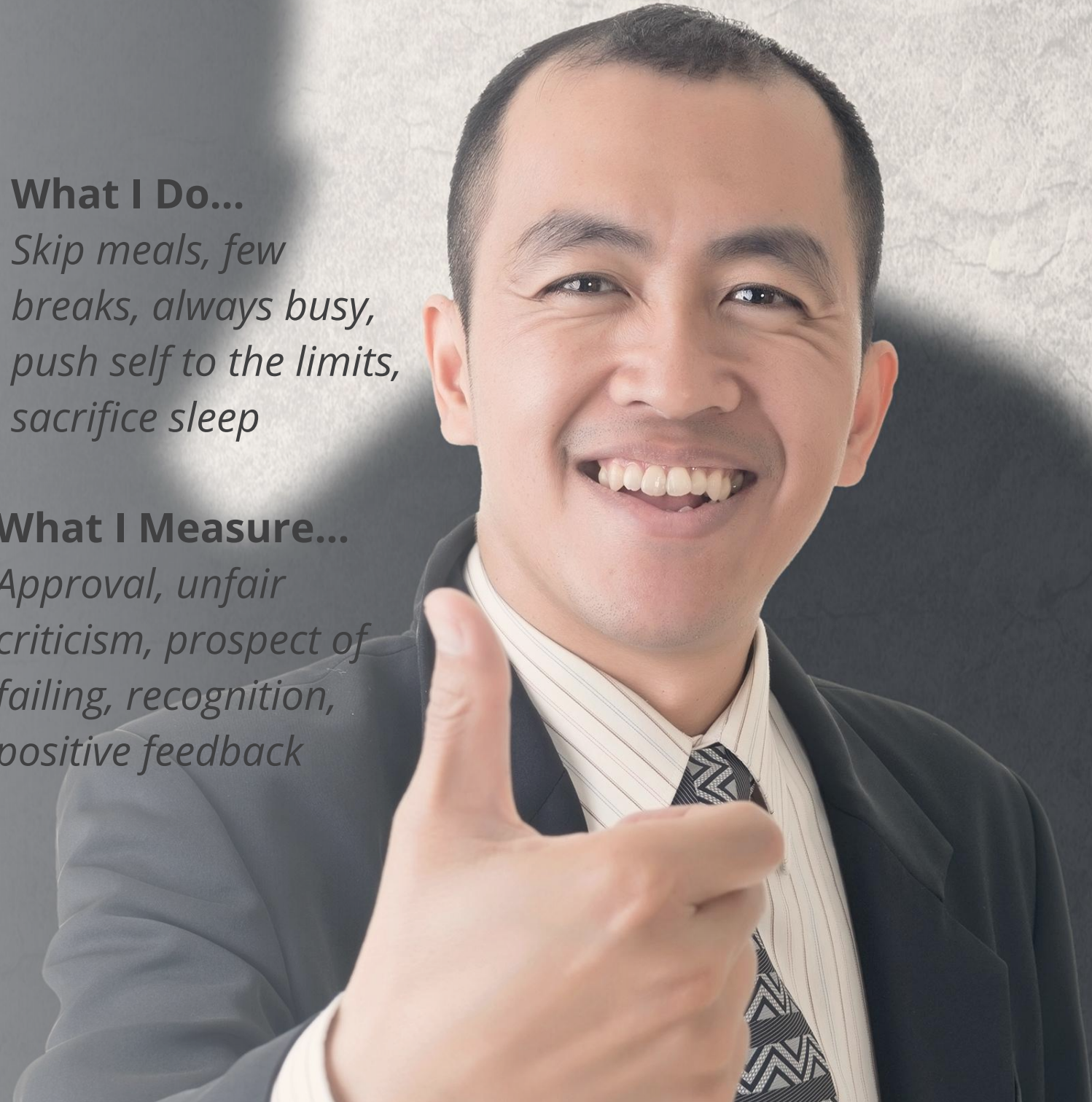
Everything is important, clients and bosses, colleagues, family, friends. Self comes last

PRIORITISE

MEASURE

What I Measure...

Approval, unfair criticism, prospect of failing, recognition, positive feedback



GLWS Reach
Wellbeing Series

Foundation



Audrey McGibbon

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