

Level 1 Accreditation Overview
– The GLWS Personal Report



Lesson 3

Topic 1: Position and apply GLWS
 Assignment: Create value proposition and business-case

Topic 2: Key GLWS insights from a D&I perspective
 Assignment: Review GLWS benchmark data

Topic 3: Future directions, wrap-up and next steps
 Live webinar!

Lesson 2

Topic 1: Interpreting the Report, Case Studies
 Topic 2: Preparing for the GLWS debrief
 Topic 3: Debrief in Action
 Assignment: Your own practice debrief

Lesson 1

Topic 1: GLWS and Wellbeing in the Workplace
 Topic 2: Development, Framework, Psychometrics and Principles of Use
 Quiz: 10 Multiple choice questions



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Project 3000



SAMPLE SIZE

- N= 3328 GLWS wellbeing profiles
- 419,328 wellbeing responses

GENDER

- Female: 56.7%
- Male: 43.3%
- Other: 0.1%

OTHER DEMOGRAPHICS

- 45% from large organisations employing 3000+
- 13% part-time
- 60% between ages 36-55
- 60% private sector
- 82% carer responsibilities

GLWS Diversity & Inclusion




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Insights



QUESTIONS

- Where do leaders generally describe good wellbeing?
- Where do leaders score lowest wellbeing?
- How does gender relate to leaders' wellbeing?
- What about age - does leaders' wellbeing go up or down?

GLWS Diversity & Inclusion




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Authentic Relationships

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Our relationships with our family, friends, colleagues and community



Working Well
Aspects of Wellbeing affected by our professional lives

No overall difference – same across genders

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

Females significantly higher (p<.001)

EK&SENSE



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Meaning, Purpose & Direction

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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

Males significantly higher (p<.001)

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

Females slightly higher (NS)

EK&SENSE



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Resilience & Equanimity

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Our inner strength and emotional evenness



Working Well
Aspects of Wellbeing affected by our professional lives

Males significantly higher (p<.001)

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

Males significantly higher (p<.001)

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Vitality & Energy

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Our physical health, nutrition, exercise and sleep



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Balance & Boundaries

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



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Intellectual Engagement & Flow

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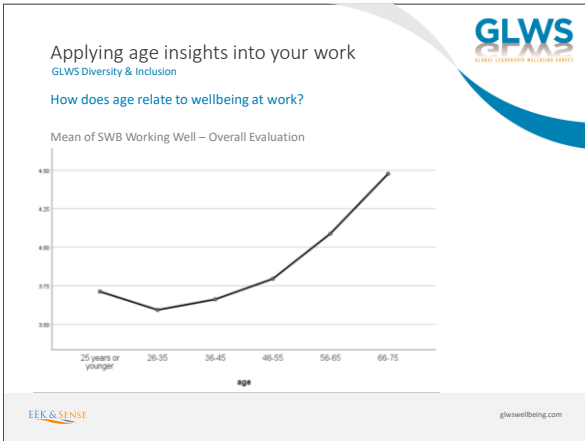
Our intrinsic interest and focus in the work we do



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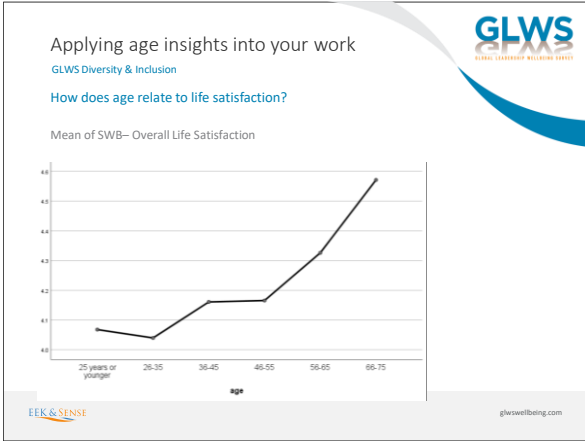
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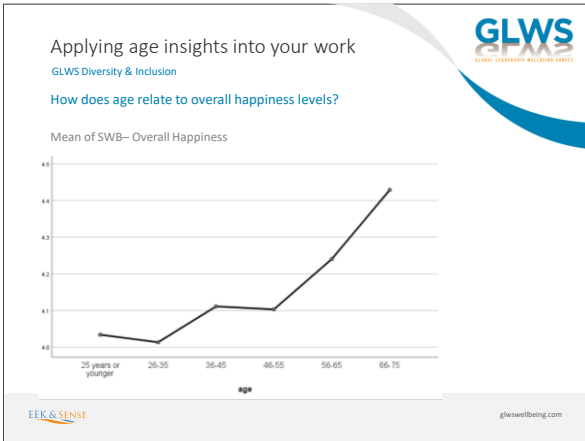
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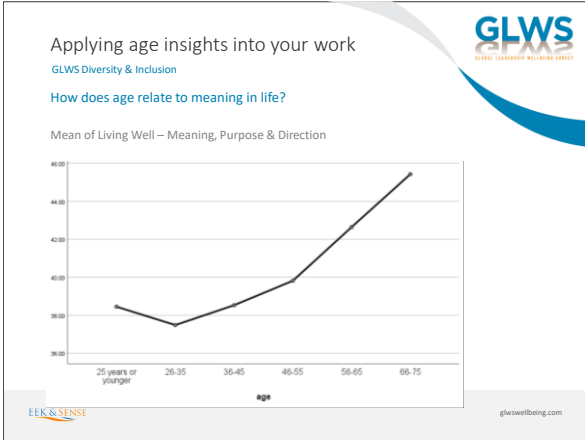
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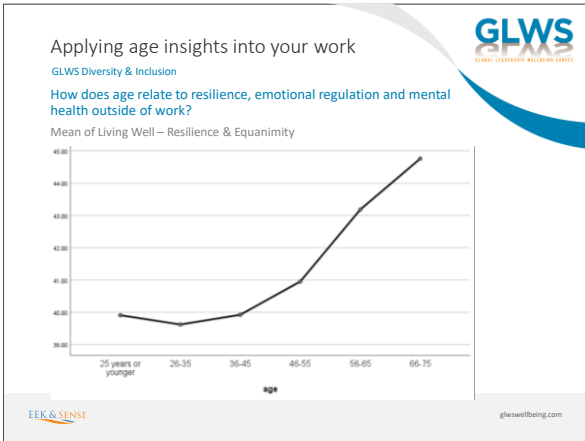
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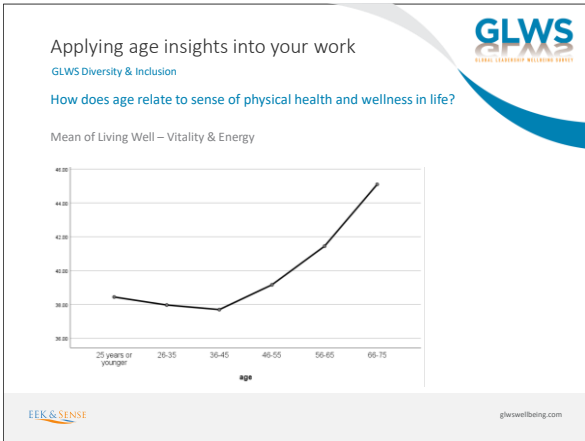
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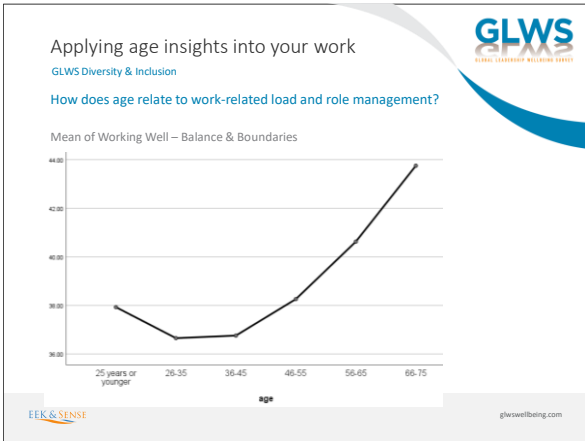
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