

Professionals | Reach Wellbeing Foundation

# Working and living for wellbeing – the key to sustainable productivity and success

This course is designed for:

- Professionals interested in developing enhanced wellbeing
- Anyone interested in understanding more about the links between wellbeing, mental health, productivity and sustainable high performance

In this course you will learn:

- What wellbeing is and looks like from a professional's perspective
- The similarities and distinctions between wellbeing, mental health and resilience
- The latest research evidence about the importance of wellbeing to individual, team and organisational success
- Advanced concepts, knowledge and ideas that will enable you to empower yourself to thrive by enabling better wellbeing
- How to analyse and work with your own unique mental health and wellbeing needs, in ways that are constructive, proactive and value-adding to productivity and performance
- How to reflect on your own wellbeing and wellbeing shadow, both at work and in the rest of your life

## And the end result?

You will be equipped with the practical knowledge, frameworks and tools to confidently improve the way you work and live for better wellbeing, both in the present and as a roadmap for the future.

By the end of  
the Lesson, you will:

<p><b>LESSON 1</b> What is wellbeing?</p>	<ul style="list-style-type: none"> <li>▪ Know what is meant by 'wellbeing'</li> <li>▪ Understand the resources and challenges psycho-social model of wellbeing</li> <li>▪ Be aware of the distinctions between wellbeing, resilience and mental health</li> <li>▪ Relate personally to the workplace wellbeing continuum</li> </ul>
<p><b>LESSON 2</b> The case for wellbeing in organisations</p>	<ul style="list-style-type: none"> <li>▪ Understand the impact of the changing and disrupted world on wellbeing</li> <li>▪ Appreciate wellbeing as a complex adaptive challenge</li> <li>▪ Realise how wellbeing impacts individual and organisational productivity and performance</li> </ul>
<p><b>LESSON 3</b> A framework for wellbeing</p>	<ul style="list-style-type: none"> <li>▪ Be aware of the key factors that contribute to wellbeing, in relation to both working well and living well (the GLWS Framework)</li> <li>▪ Have reviewed your own current state and level of wellbeing against the GLWS Framework</li> </ul>
<p><b>LESSON 4</b> Wellbeing expectations</p>	<ul style="list-style-type: none"> <li>▪ Appreciate the different accountabilities for wellbeing in an organisational context</li> <li>▪ Understand the key behaviours underpinning wellbeing as a capability and have assessed yourself against these</li> <li>▪ Realise the ripple impact of your wellbeing shadow and the importance of becoming a wellbeing role model</li> <li>▪ Have reflected on your wellbeing shadow</li> </ul>

## LESSON 5

### Talking about wellbeing and mental health

- Discover the best questions to ask yourself (and the key people in your life) about wellbeing
- Know how to have a courageous and supportive wellbeing conversation (without being intrusive)
- Be alert to and aware of the risks of low wellbeing and mental ill-health
- Recognise the signs of burnout
- Know the steps to take to ensure good wellbeing habits stick
- Have developed your Personal Wellbeing Action Plan using the GLWS 'Learn, Live and Embed' approach