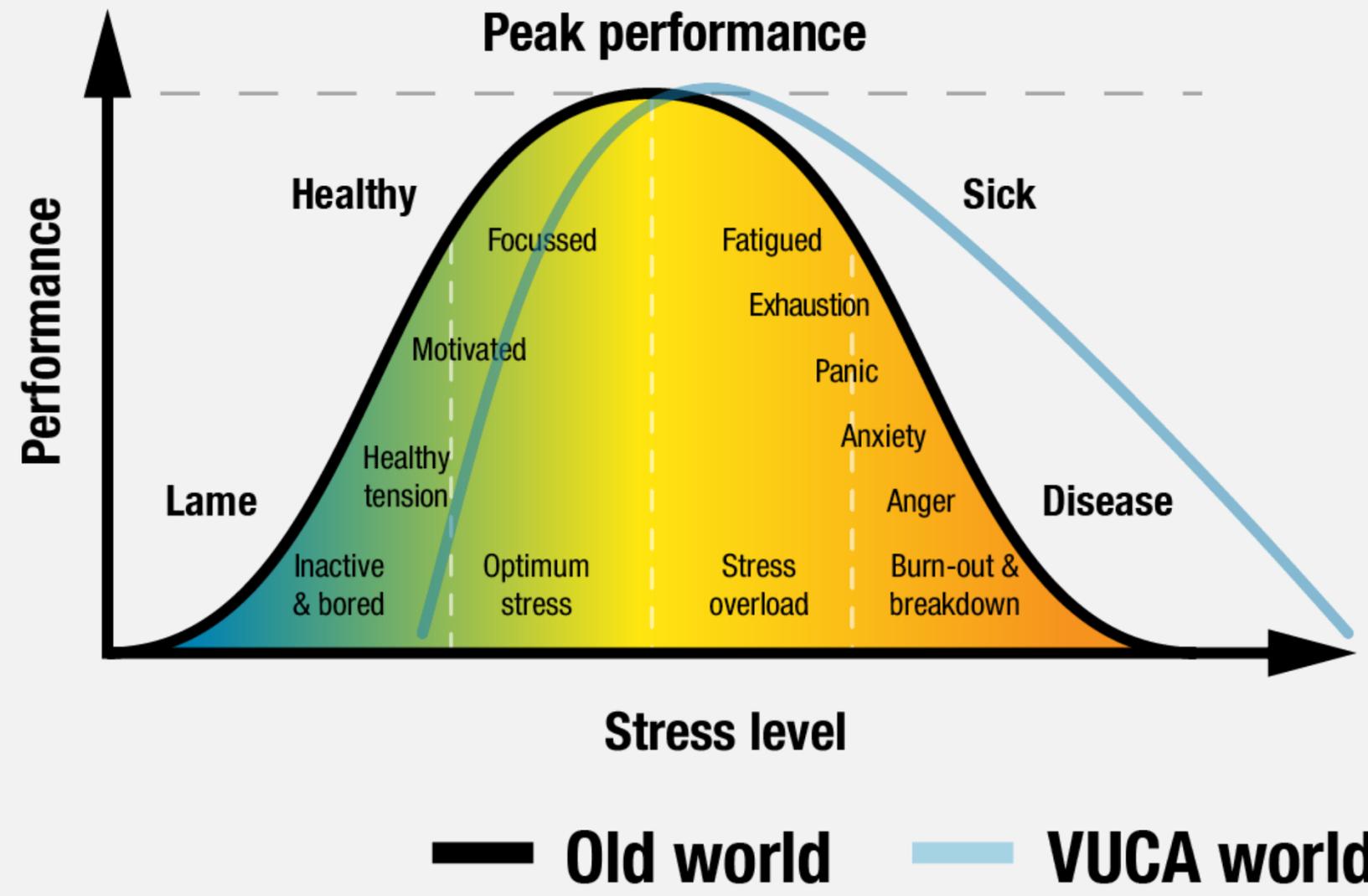


Stress and performance



Audrey McGibbon
CEO and Psychologist, GLWS

Disruption causes loss of control

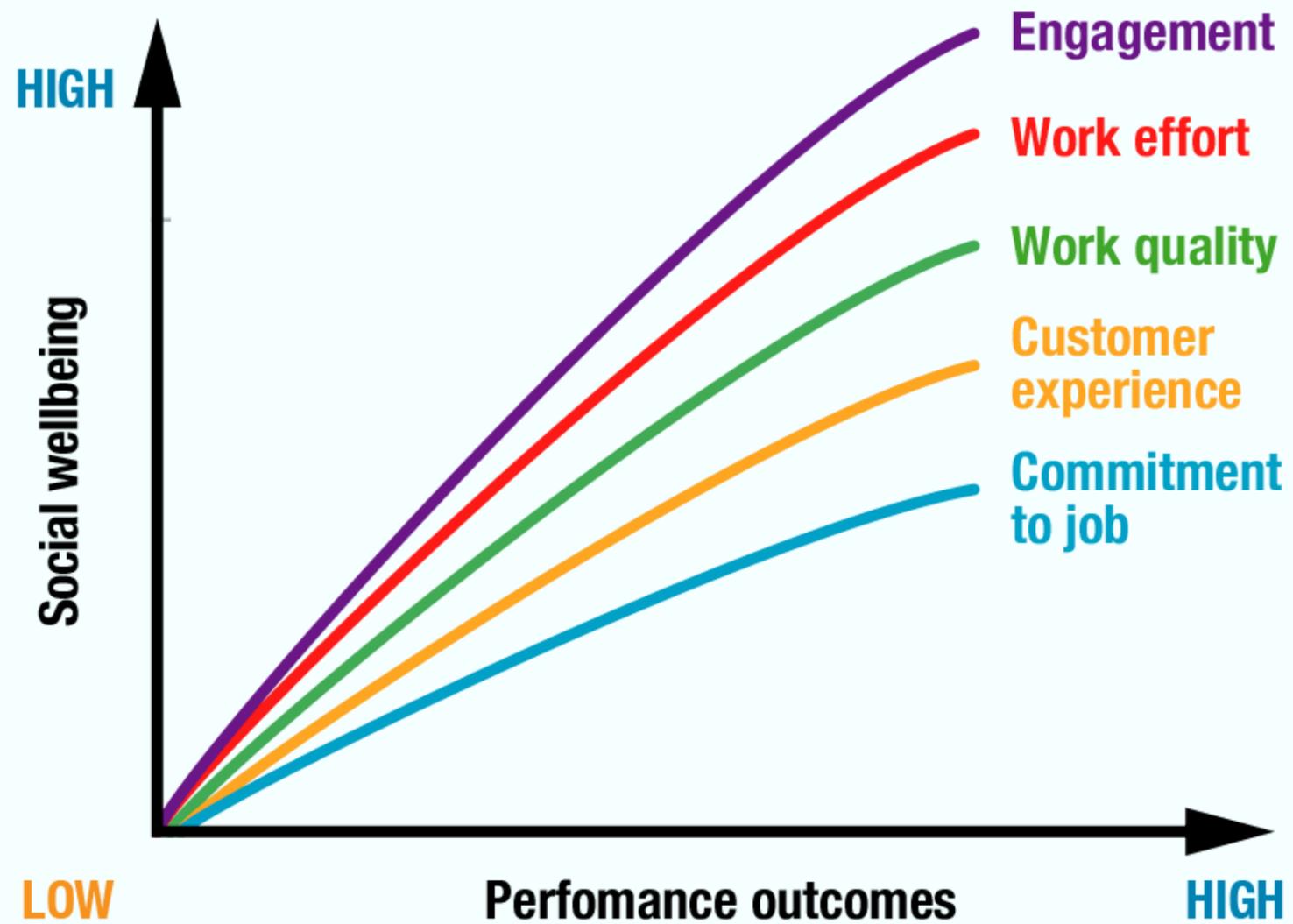
- When disrupted we experience **loss of control**
- It results in overload and **dysfunctional emotions and behaviour**
- This affects **quality and productivity** of work, and our wellbeing



Audrey McGibbon

CEO and Psychologist, GLWS

Wellbeing and performance outcomes



GLWS Reach
Wellbeing Series

Foundation

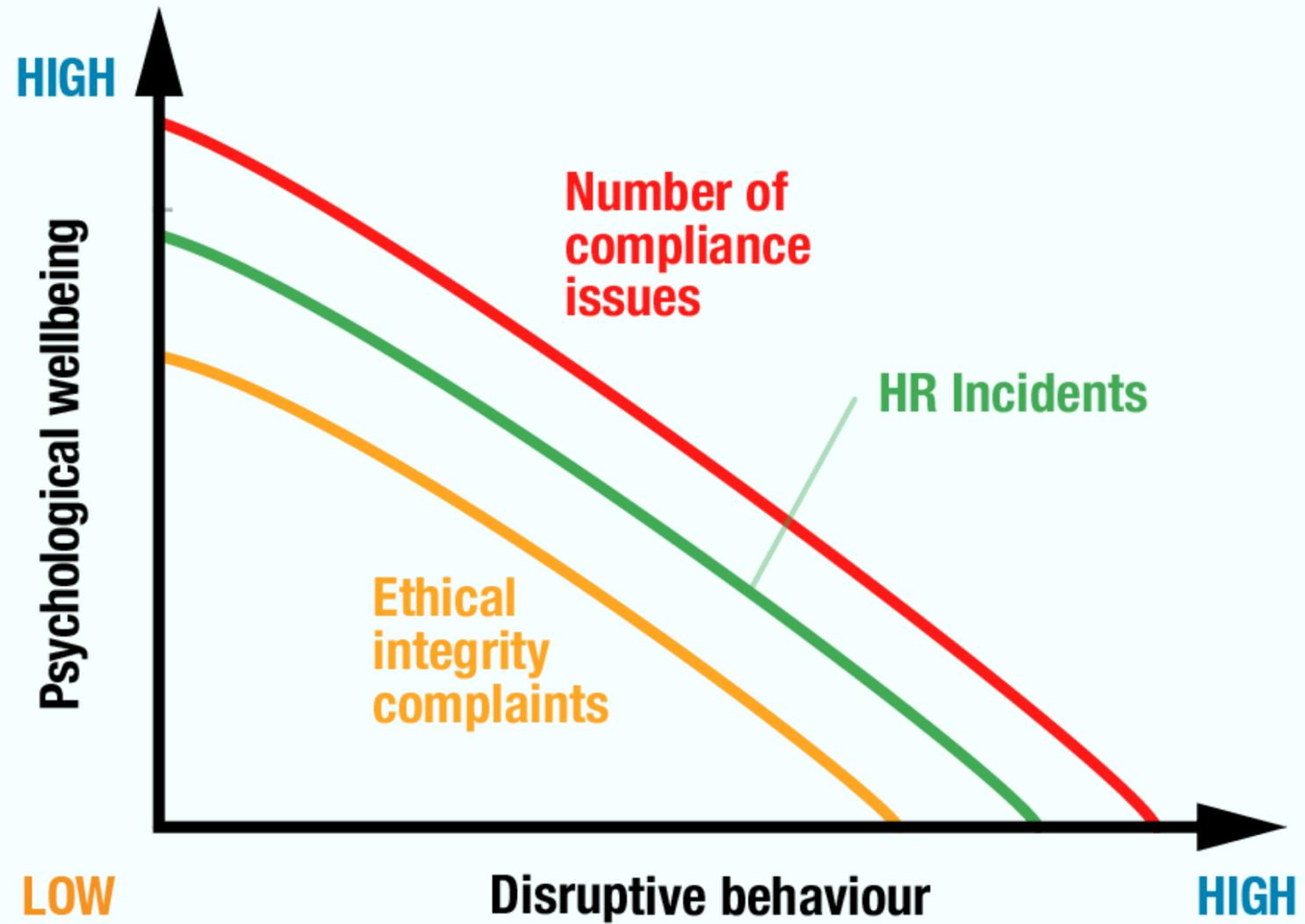


Audrey McGibbon

CEO and Psychologist, GLWS



Wellbeing and disruptive behaviour



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Audrey McGibbon

CEO and Psychologist, GLWS

EEK & SENSE

Wellbeing is good for people

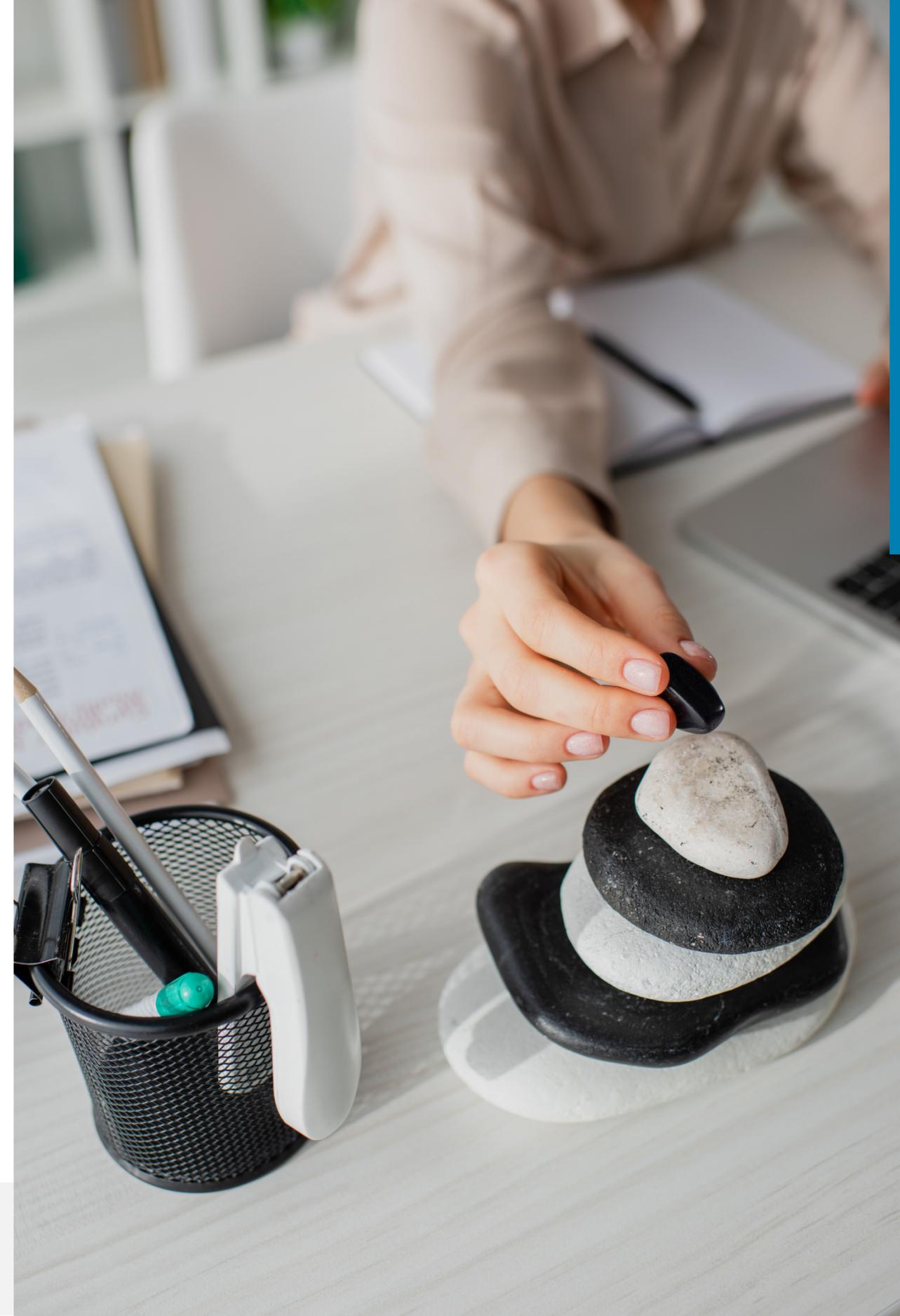
It delivers positive outcomes for individual **leaders and their teams**

- » Increased performance, satisfaction and happiness
- » Enhanced managerial and leadership performance.*
 - 50% increased creativity and innovation.
 - 40% increased employee engagement.
- » Faster promotions. **
- » 16% better overall performance.***
- » 125% less burnout.***
- » 46% more job satisfaction.***

*World Economic Forum, 2010

**Boehm & Lyubomirsky, 2008

***HBR, 2012



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McGibbon

CEO and Psychologist, GLWS

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Wellbeing is great for business

It delivers positive business outcomes for the organisation

- » 12–30% increases in performance and productivity. *
- » Higher customer satisfaction, productivity, and profit. **
- » Make more money and perform better on the stock market. ***
- » 4x less likely to lose talent. ****
- » 32% more committed and engaged staff.*****

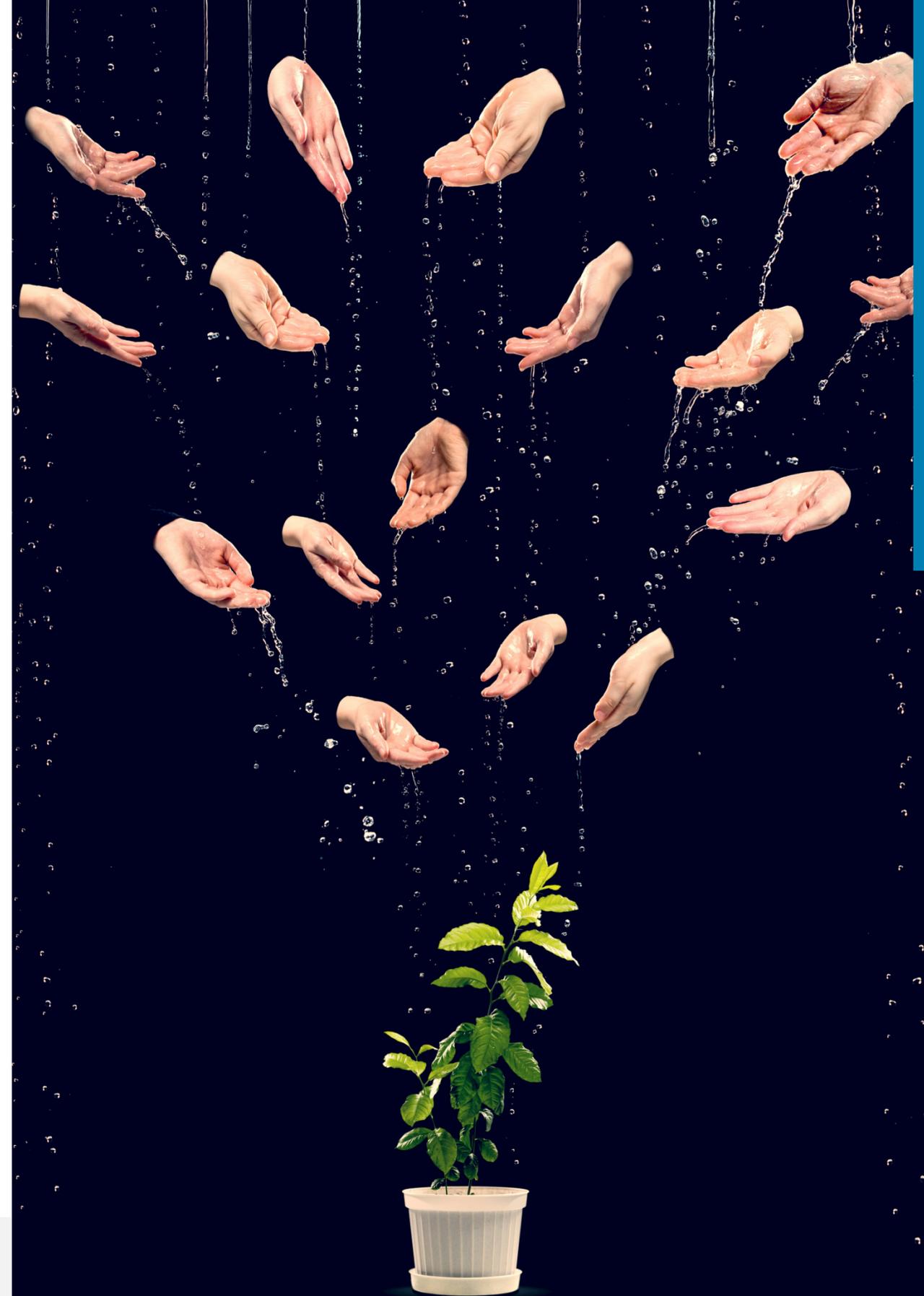
*Oswald et al, 2009

**Harter et al, 2003

*** Edmans, 2011

**** Sims, 2010

***** HBR, 2012



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