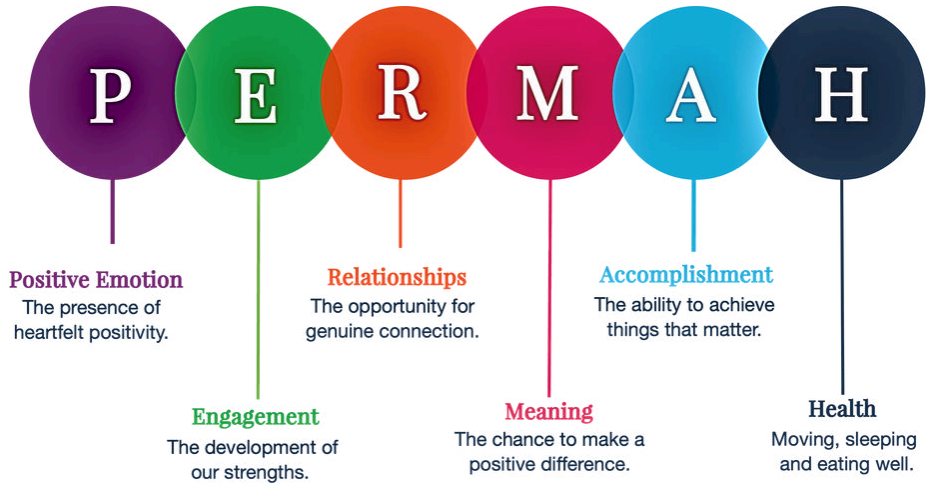


# Your Wellbeing Blueprint:

Riding the Waves of Struggle & Thrive

## What is Wellbeing?

Wellbeing is our ability to feel good and function effectively at a physical, mental, and social level.



(Seligman, 2012)

## Are You Thriving at Work?

Think about your experiences and feelings at work over the last week.

How often has each of the following occurred? 0 = never, 5 = some of the time, 10 = all the time

PILLAR	DEFINITION	SCORE
POSITIVE EMOTION	I felt positive at work.	
ENGAGEMENT	I was interested and deeply engaged in my work.	
RELATIONSHIPS	I felt respected and appreciated by my co-workers.	
MEANING	I felt that the work I did was valuable and worthwhile.	
ACCOMPLISHMENT	I made progress towards reaching my work-related goals.	
HEALTH	Physically, I felt strong and healthy.	

Link to PERMAH survey: <https://permahsurvey.com/>





## Download Free Resource

Take a moment to check in with yourself.

This free resource “How Are You Caring For Your Wellbeing” offers simple, thoughtful prompts and practical tips to help you care for your wellbeing.

SCAN ME!



DOWNLOAD

## Strengths Profile Giveaway

Want to dig a little deeper into the things that you do well and give you energy for greater engagement and wellbeing? We are offering one lucky iGrow participant a free Strengths Profile and 1:1 virtual debrief!



- 01 Scan the QR Code**  
Open your camera or QR scanner and scan to get started.
- 02 Fill Out the Form**  
Complete the quick form with your details.
- 03 Submit & Enter the Giveaway**  
Hit submit and you're officially entered for a chance to win a Strengths Profile and 1 hour debrief session. Winner notified via email after the conference.

## About Us

We are committed to helping leaders create cultures of safety and care and to minimise psychosocial hazards in their workplace.

Please get in touch to find out more about our services.

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