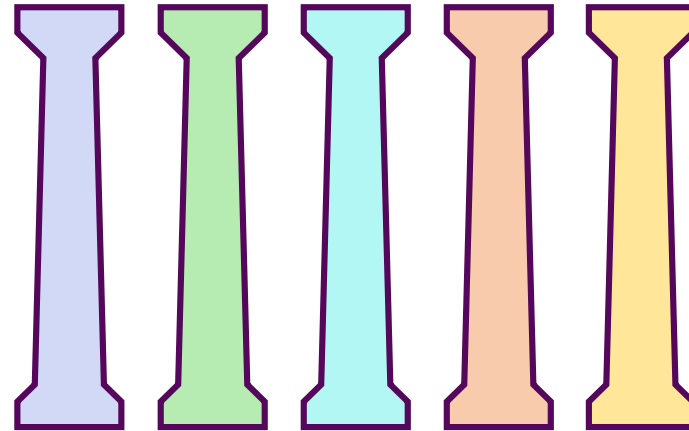


SAMPLE

The
Wellbeing
Workshop



INSERT CLIENT LOGO

The workplace wellbeing model

Positive Emotions

Resilience

Relationships

Meaning and Accomplishment

Engagement

INSERT CLIENT LOGO

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Workshop



Positive Emotions



This pillar addresses the cultivation of positive emotions and how they can be maintained. Positive emotions are more than just being happy, and refer to a wide-breadth of feelings such as joy, pride, gratitude and hope.

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Relationships



This pillar addresses the development and maintenance of strong, meaningful relationships with others. Social interactions and connections are built through trust and compassion, enabling individuals to feel supported by others.

“When ‘I’ becomes ‘We’, even illness becomes wellness”

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Engagement



This pillar addresses how one can use their strengths to find the feeling of 'flow' and remain entirely present in the given moment. An individual high in engagement is fully engrossed in, and committed to, the task or activity at hand.

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Meaning and Accomplishment



This pillar addresses feelings of meaning and mastery within the workplace, referring to the devotion of oneself to something greater and persisting with goals that are personally relevant. The pillar also addresses feelings of mastery towards goals and objectives, and the ability to feel effective and productive at work.

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Resilience



This pillar addresses the capacity to recover quickly from stressful circumstances, setbacks or change. Someone with high resilience is able to perform and adapt in the face of adversity, which is often referred to as one's 'bounce-back ability'.

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