



BE A BETTER YOU  
*Self-awareness · Knowledge · Know-how*

# WELLBEING

**“Wellbeing is our ability to feel good and function effectively.”**

Rooted in Positive Psychology, the Wellbeing workshops use the PERMAH framework to guide people towards their own state of wellbeing, which is a multi-dimensional and measurable condition that results in: workers with higher wellbeing are up to 8 times more engaged, 3 times more productive, your business will likely experience an up to 30% reduction in sick leave and up to 4 times a reduction in likeliness for workers quit.

**For every \$1 spent on improving wellbeing, companies are likely to see a ROI of \$2.30 in benefits for the organization**

## The PERMAH Framework for Wellbeing:

1. **Positive Emotions:** Like joy and gratitude, helps broaden our minds and build resilience.
2. **Engagement:** Tasks that challenge and interest us allows us to experience “flow”.
3. **Relationships:** Feeling safe and supported in our relationships boosts our wellbeing, fostering trust and connection.
4. **Meaning:** Having a sense of purpose and positively impacting others gives us a deep sense of fulfillment.
5. **Accomplishment:** Setting and achieving meaningful goals—whether big or small—helps us realize our potential and build confidence.
6. **Health:** Our physical wellbeing is foundational to everything else. How we eat, move, and rest shapes our energy and resilience.

