



Wellbeing @Work: Career

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THE CENTER FOR
Clarity, Compassion & Contentment

find your center



Wellbeing @ Work 2023 Workplace & Career

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When clarity, compassion, and contentment are present an inspired life is possible.

Wellbeing is...

defined as

...the experience of health, [happiness](#), and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the [ability to manage stress](#).

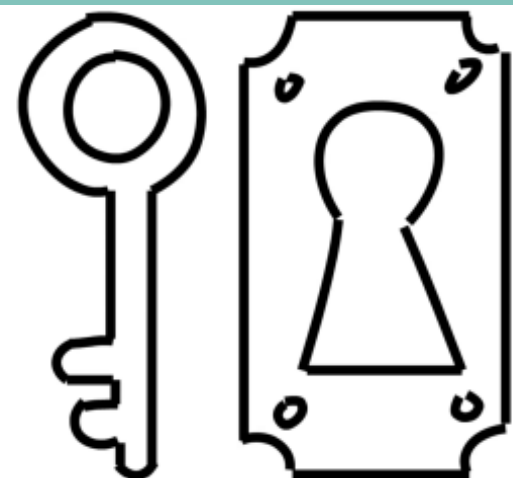
~ Dr. Tchiki Davis
Psychology Today contributor
Berkeley Wellbeing Institute



Wellbeing@Work

WELLBEING ELEMENTS

- Emotional
- Physical
- Social
- Workplace
- Community
- Financial



NOTES

Address Burnout

Growth Mindset

Patience & Trust

Positive Attitude



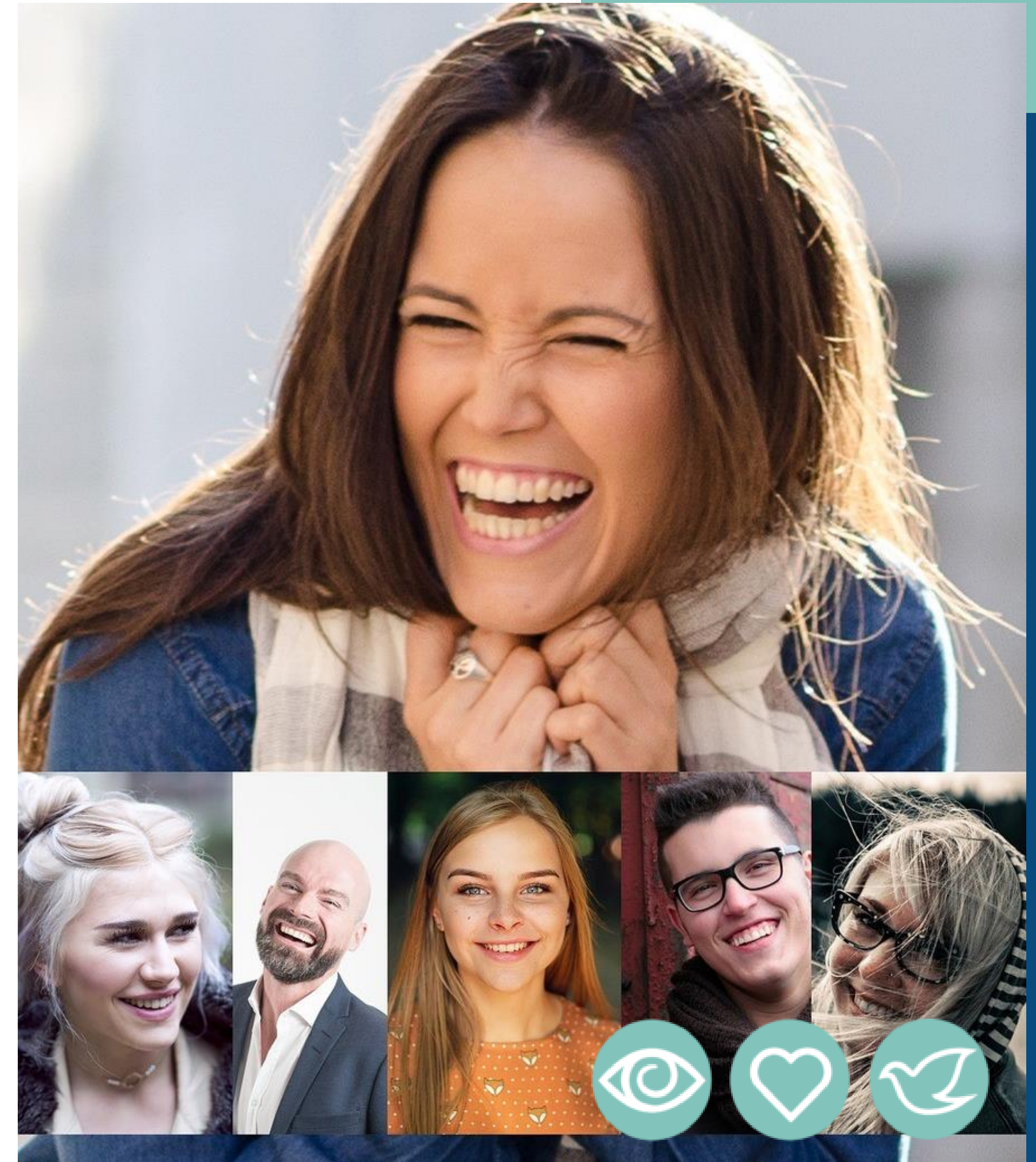
Wellbeing is something sought by just about everyone because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful.



Unfortunately, wellbeing appears to be in decline, and increasing your wellbeing can be difficult without knowing what to do and how to do it.

Wellbeing at Work/Career

- ✓ You wake up everyday with something to **look forward** to that day.
- ✓ You have a **purpose, plan and goals**.
- ✓ You have a **manager/leader** who makes you enthusiastic about the future.
- ✓ You have **friends** at work who share your passion.



Workplace Wellbeing

You like what you do everyday.

✓ What do I enjoy about my job?

✓ Looking at my day, what gives me energy?

✓ What is the purpose in the work I do?

✓ Which of my strengths will I use today?





Workplace Wellbeing

We are a powerful team.

✓ Of all the things I do well in my job, which ones do I do the best?

✓ How does our work fulfill its purpose as a team?

✓ If you could change one thing for the better, what would it be?

✓ How does my team give me energy?

Workplace Wellbeing

Best practices.

- ✓ Identify purpose filled moments and celebrate them.

- ✓ At the end of the day, pause and appreciate your accomplishments.

- ✓ Spend more time with people you enjoy being around at work.



CENTER4C WORKPLACE & CAREER

SELF

- ✓ What do I enjoy about my job? _____
- ✓ Looking at my day, what gives me energy? _____
- ✓ What is the purpose in the work I do? _____
- ✓ Which of my strengths will I use today? _____
- ✓ Of all the things I do well in my job, which ones do I do the best? _____

TEAM

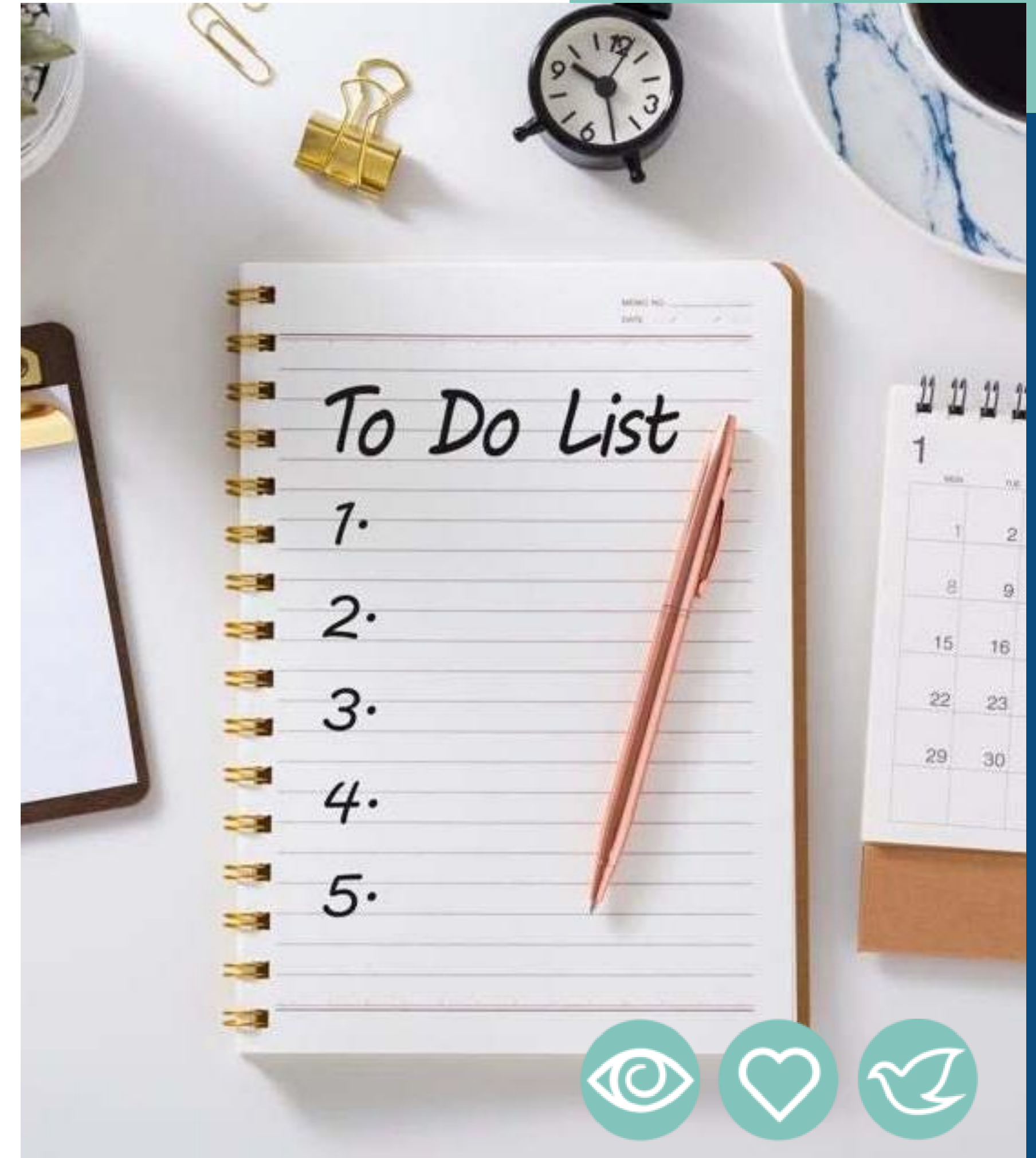
- ✓ How does our work fulfill its purpose as a team? _____
- ✓ If I could change one thing for the better, what would it be? _____
- ✓ How does my team give me energy? _____
- ✓ Which of my strengths will I use today? _____
- ✓ Identify purpose filled moments and celebrate them! _____
- ✓ At the end of the day, I will pause and appreciate my accomplishments. _____
- ✓ I will spend more time with people I enjoy being around at work. _____

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Find your center.

- ✓ Identify strengths;
- ✓ Find purpose, plan, goals;
- ✓ and Teams that energize!

Your wellbeing matters!





CONTACT

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***Taking care of your wellbeing is
quite possibly the best gift you
can give yourself, others, and the world.***



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Clarity, Compassion & Contentment

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