



THE CENTER FOR  
**Clarity, Compassion & Contentment**

---

*find your center*



# Wellbeing @ Work 2023

## Social Wellbeing

**Kim Perone, MA, CLC Wellbeing Coach, Consultant, and Mindfulness Facilitator**

*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](#).

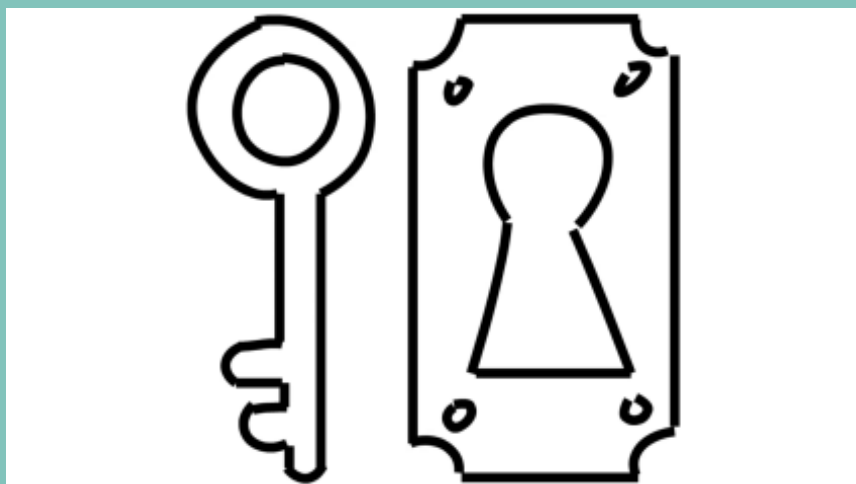
~ Dr. Tchiki Davis  
Psychology Today contributor  
Berkeley Wellbeing Institute



# Wellbeing@Work

## WELLBEING ELEMENTS

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



## NOTES

Address Burnout

Growth Mindset

Patience & Trust

Positive Attitude



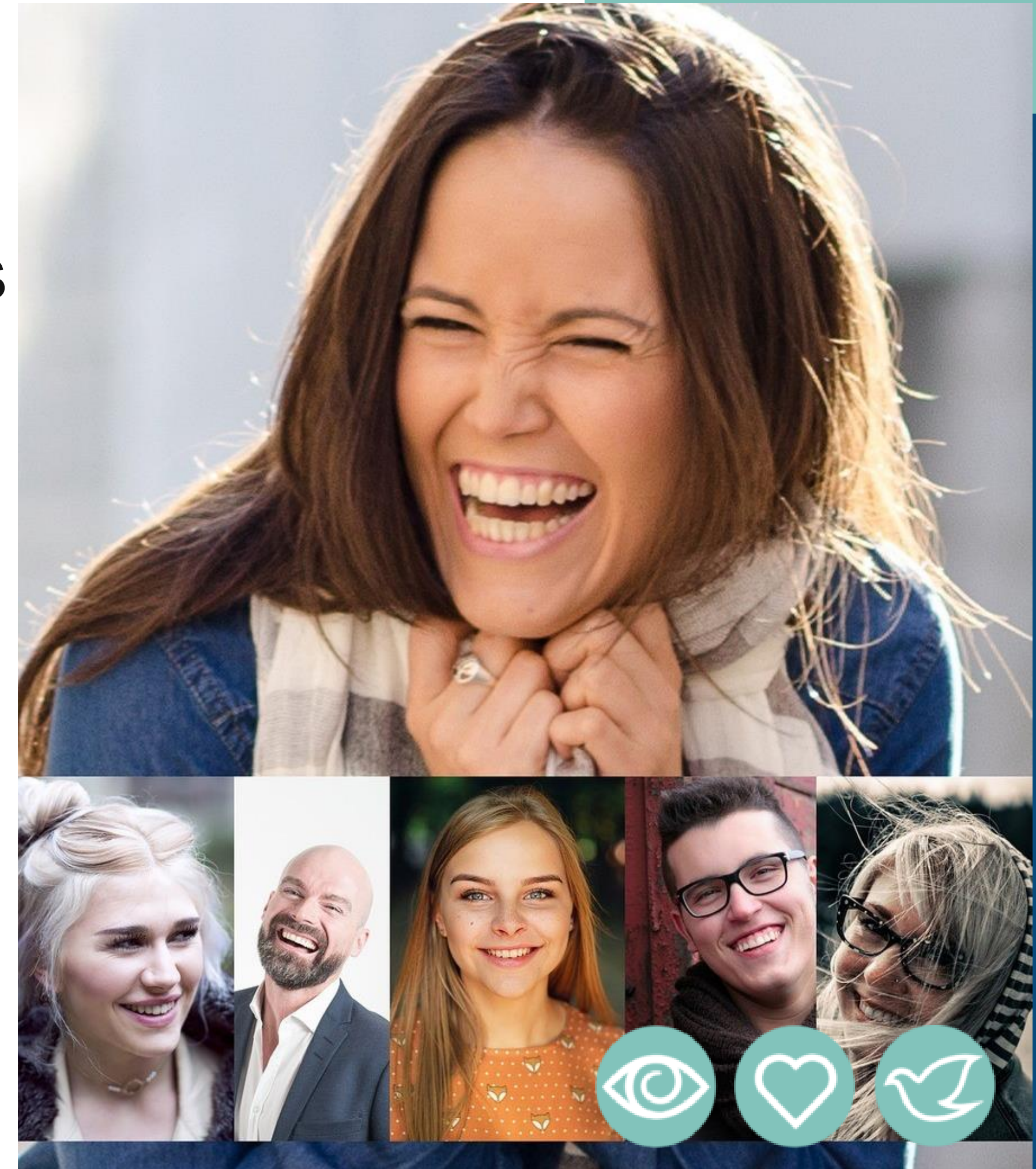
*Wellbeing is something sought by just about everyone because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful.*



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

# Social Wellbeing

- ✓ You have meaningful friendships in your life.
- ✓ 1 in 4 people strongly agree that their friends and family give them positive energy every day.
- ✓ 3 in 10 employees strongly agree that they have a best friend at work.
- ✓ Contrary to old-school business thinking, friendships increase speed and efficiency.
- ✓ Friends go out of their way for friends.
- ✓ We spend a lot of our time at work!



# Social Wellbeing

You have meaningful friendships in life and at work.

✓ How do I show the people who are most important to me that I care about them?

---

✓ How can I spend more time with a friend or colleague today?

---

✓ Who would enjoy hearing from me?

---



# Social Wellbeing

✓ Do we spend enough time together as a team?

---

✓ Who needs my support and attention today?

---

✓ How do we celebrate each other's personal and professional successes?

---

✓ How do we support each other's social wellbeing?

---



# Social Wellbeing

Take action with these best practices.

- ✓ Create opportunities for people to learn about one another – their work and lives.
- ✓ Get to know each other's interests/hobbies.
- ✓ Share individual goals so team members can provide support and encouragement.
- ✓ Schedule time for team social events/activities.
- ✓ Mix social time with physical activities.





# CENTER4C SOCIAL WELLBEING

## SELF

- ✓ You have meaningful friendships in your life: Who are your “top 5” (or “top 10”) in life? \_\_\_\_\_ (create a list on the back of this page)
  - ✓ 1 in 4 people strongly agree that their friends and family give them positive energy every day. Who is the most positive? \_\_\_\_\_
  - ✓ 3 in 10 employees strongly agree that they have a best friend at work. Who would you consider the closest friend at work?\* \_\_\_\_\_
- \*(note: do not judge yourself or others if, at the moment, you do not feel this exists for you. Rather, use it as a guide to find ways to increase sociability at work.)*
- ✓ Do we spend enough time together as a team/department/center? \_\_\_\_\_

### **As a manager (if this applies):**

- ✓ Who needs my support and attention today? \_\_\_\_\_
- ✓ How do we celebrate each other’s personal and professional successes? \_\_\_\_\_
- ✓ How do we support each other’s social wellbeing? \_\_\_\_\_

## TEAM

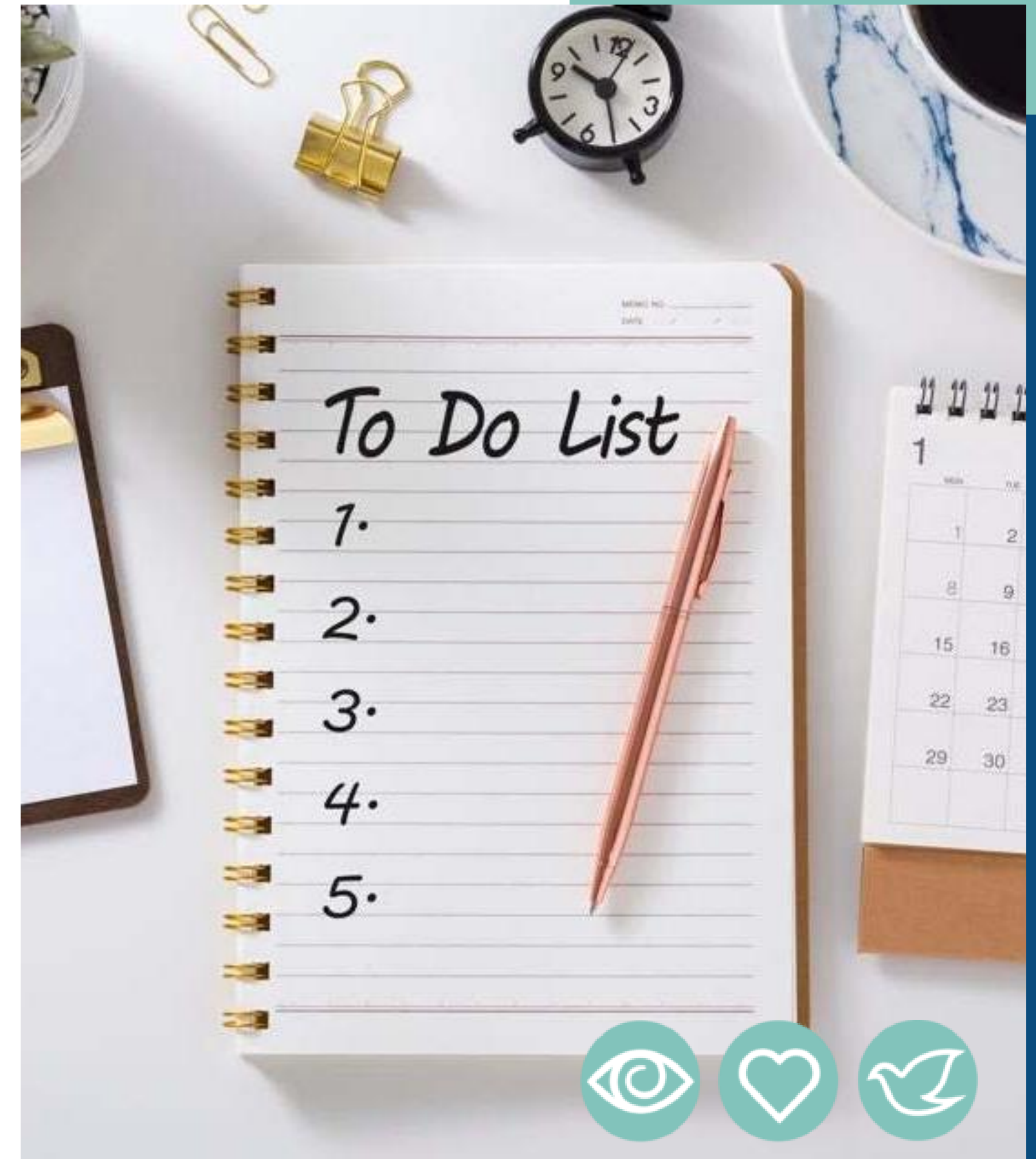
- ✓ Create opportunities for people to learn about one another – their work and lives.
- ✓ Get to know each other’s interests/hobbies.
- ✓ Share individual goals so team members can provide support and encouragement.
- ✓ Schedule time for team social events/activities.
- ✓ Mix social time with physical activities.

Kim Perone, MA, CLC, Wellbeing Coach & Consultant  
[kperone@center4c.com](mailto:kperone@center4c.com) (518) 301-3593 [www.Center4c.com](http://www.Center4c.com)

***Find your center.***

- ✓ As humans, we are social.
- ✓ Your presence is a present!
- ✓ Make time and know it is beneficial for your wellbeing.

**Your wellbeing matters!**





# CONTACT

**Kim Perone, MA, CLC, CWMF**  
**Wellbeing Coach, Consultant**  
**& Mindfulness Facilitator**

**kperone@center4c.com**  
**(518) 301-3593 [center4c.com](http://center4c.com)**  
**[Calendly.com/kimperone](https://calendly.com/kimperone)**



[www.facebook.com/  
claritycompassioncontentment](http://www.facebook.com/claritycompassioncontentment)

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



THE CENTER FOR  
**Clarity, Compassion & Contentment**

*find your center*