

A wide-angle photograph of a grassy field at sunset. In the middle ground, there are several blue and white tents, a large dark tree, and a red van. The sun is low on the right horizon, creating a bright glow and lens flare. The sky is a mix of blue and orange.

Welcome

Resilience and wellbeing
“because if you’re not well, you can’t work”
Georgia Turner and Helena Hornby

What we're doing today



Map your own
wellbeing sphere
of influence



Consider impact
and control factors

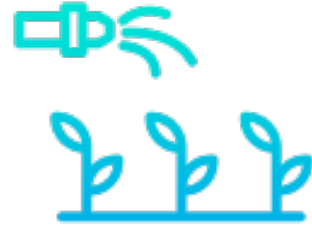


Identify quick wins
and longer-term plans

But first, let us take you here...



What impacts your wellbeing?



Your personal wellbeing influences





Now rank them by personal impact



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

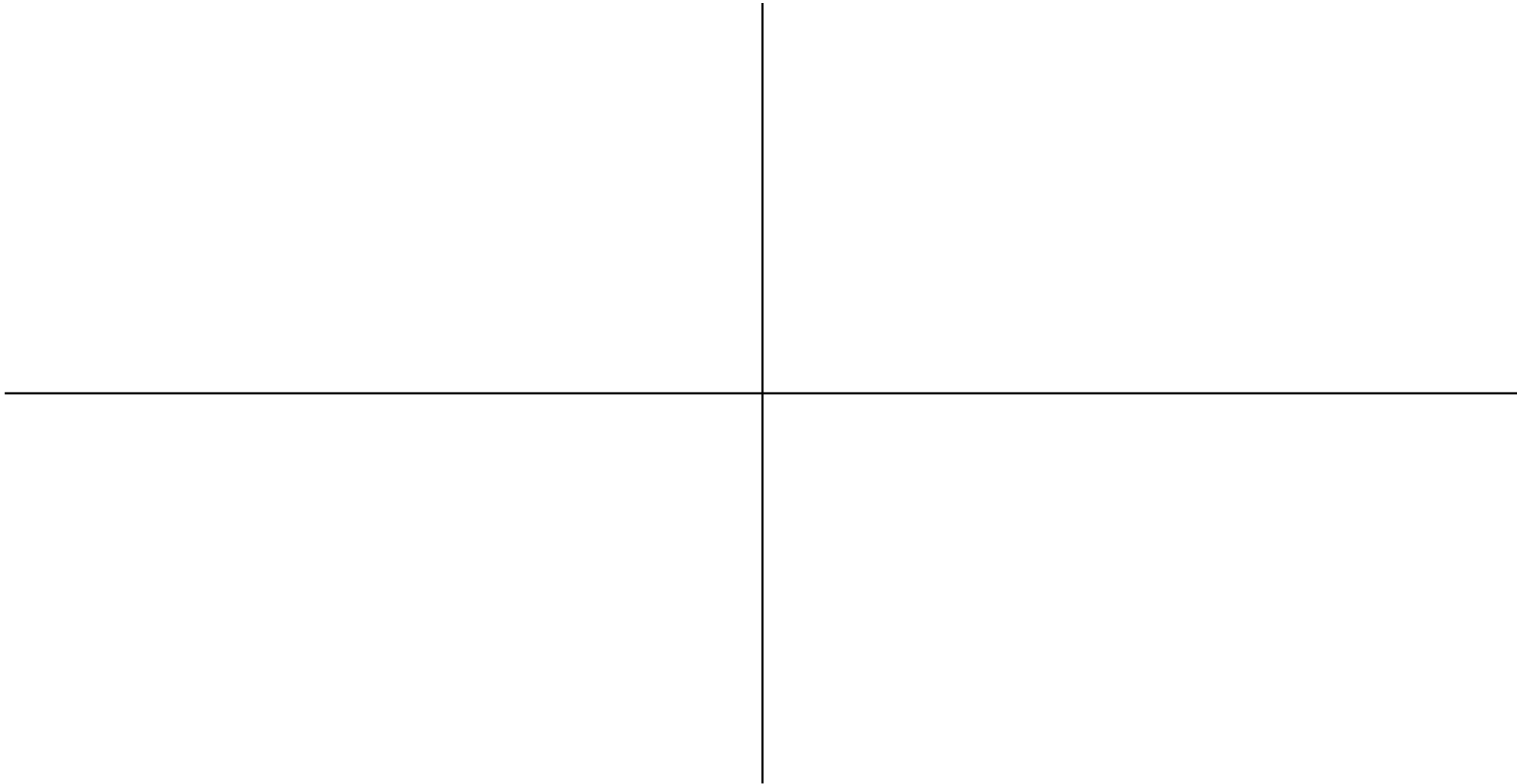


- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Now map them

IMPACT

CONTROL



What are your quick wins?

High impact, high control!



But what about high impact, low control?

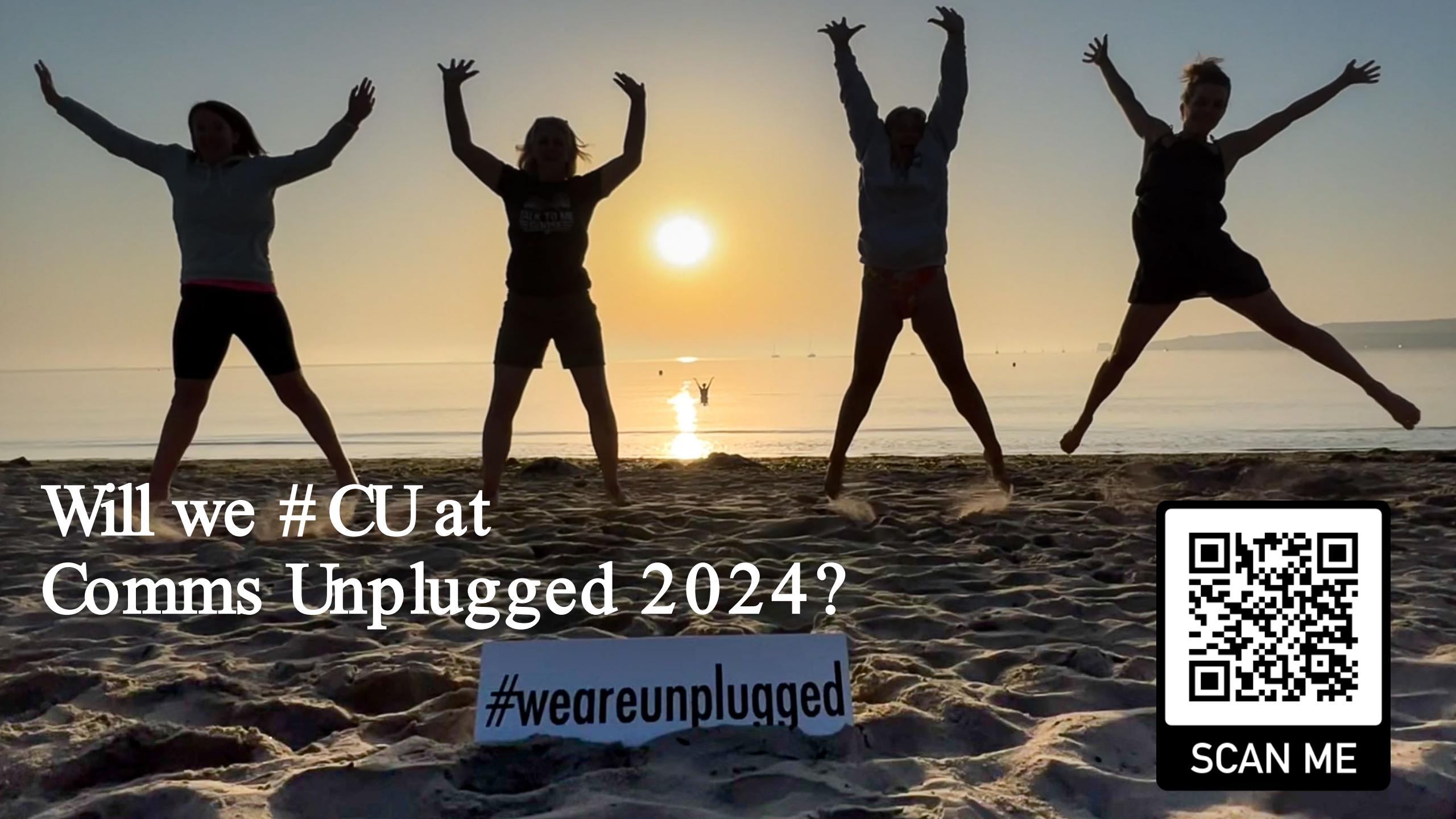


Leave it with us....



And finally, let us take you here...





Will we #CU at
Comms Unplugged 2024?

#weareunplugged



SCAN ME