

Wellbeing Matters

Taking action for change

We are at the beginning of a well-being renaissance. Awareness of the impacts of good vs poor well-being has risen in the workplace since the start of 2020. Businesses are beginning to understand the moral, ethical and financial impact of well-being. In this session, we will take a look at the ways well-being shows up in the life of an individual and its impact on those around them. We will look at ways to evaluate personal well-being in 8 areas. We will speak about practical and realistic ways we can begin to improve our well-being. We know that this is the key to being competitive in all industries. Let's put research into action as we move towards healthier well-being for individuals who will then create healthier teams and healthier organisations.

Session Outline

- Bio-Psycho-Social model of wellbeing
- Types of wellbeing
- Evaluating personal wellbeing
- Self-Care, the place to start
- The 1% club
- Growth Mindset and wellbeing
- Developing healthy habits for a lifetime

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.