

My Work-Life Success™

DESIGNING FLOW EXPERIENCES TO REALIZE YOUR POTENTIAL

Employees' expectations about the workplace are expanding, with many looking for employment that will provide opportunities for personal development, fulfillment, and optimal well-being. Employees are increasingly seeking to derive meaning, happiness, and social connections from their work, as well as opportunities for professional learning and personal growth.

My Work-Life Success™ is an evidence-based program designed to inspire your employees to live a meaningful-enjoyable life and empower them to reach their highest potential. Their purpose-driven intrinsic motivation will catapult them to think, feel and take goal-directed actions to perform like a STAR and realize your Future Flourishing Self™.

Benefits and Learning Outcomes

Assessing, Reflecting and Self-Discovery

- Gain baseline insights on your Work-Life Flourishing and Personal Effectiveness
- Building a strong foundation and intrinsic motivation to pursue a flourishing future

Envisioning and Crafting Your Future Flourishing Self™

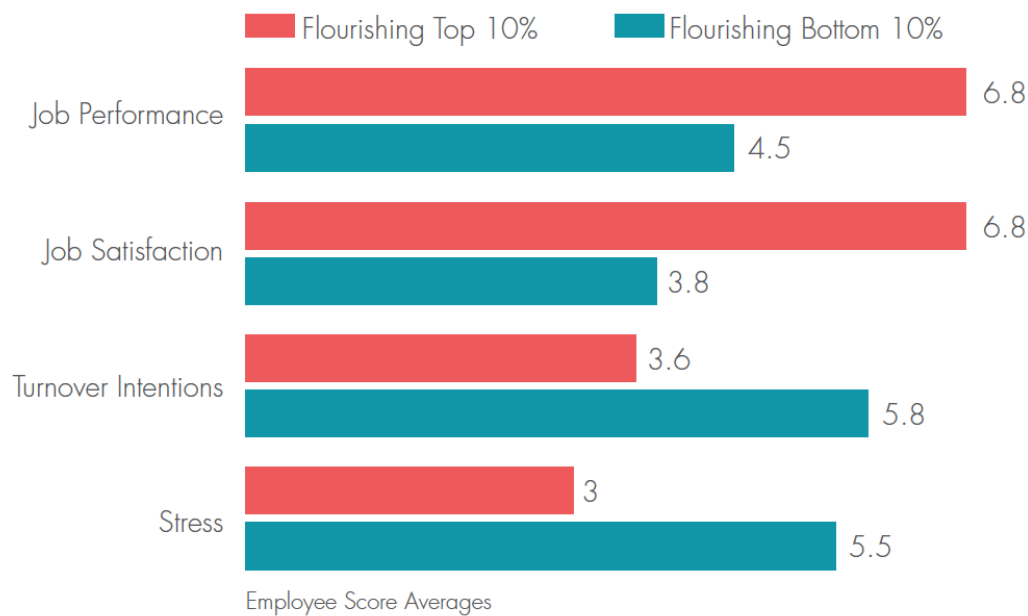
- Craft a clear vision of your Future Flourishing Self™
- Create a Work-Life learning and enrichment plan to cultivate flourishing

Embarking on Your Flourishing Journey

- Begin your self-transformation by designing and implementing flourishing experiments
- Build the skills to confidently knock down the inevitable barriers to reach your goals

The Flourishing-Performance Advantage

Our results show that promoting flourishing is advantageous. Employees who scored in the top 10% across all five flourishing domains consistently reported more positive job attitudes and behaviours, and greater well-being than those who scored in the bottom 10%.



In other words, employees who scored in the top 10% versus bottom 10% across all five flourishing domains are:

51%
better performers
in their jobs

79%
more satisfied
with their jobs

61%
less likely to leave
your organization

83%
less stressed