


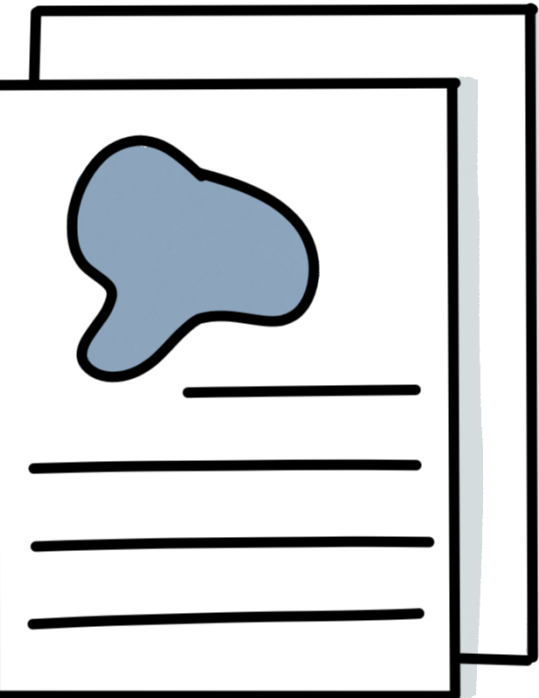
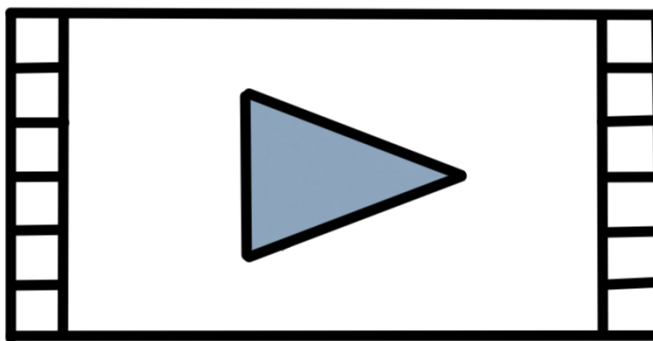
THE WELLBEING TRENDS 2023 THAT EVERY HR TEAM SHOULD KNOW ABOUT



LOCATION DOESN'T MATTER ANYMORE

VALUES & CULTURE

FILLING THE LOCATION VOID



BUSINESSES HAVE THE **RESOURCES**

IT'S NOW ABOUT IMPLEMENTATION



I'M DONE!

THE NEXT PANDEMIC IS **BURN OUT**

ENERGY MANAGEMENT



DO I NEED TOP LEVEL PERFORMANCE ALL YEAR ROUND?

NO!

GET YOUR EMPLOYEES PRIMED FOR THE PREDICTABLE



PROMOTE **SLIVERS OF RECOVERY**

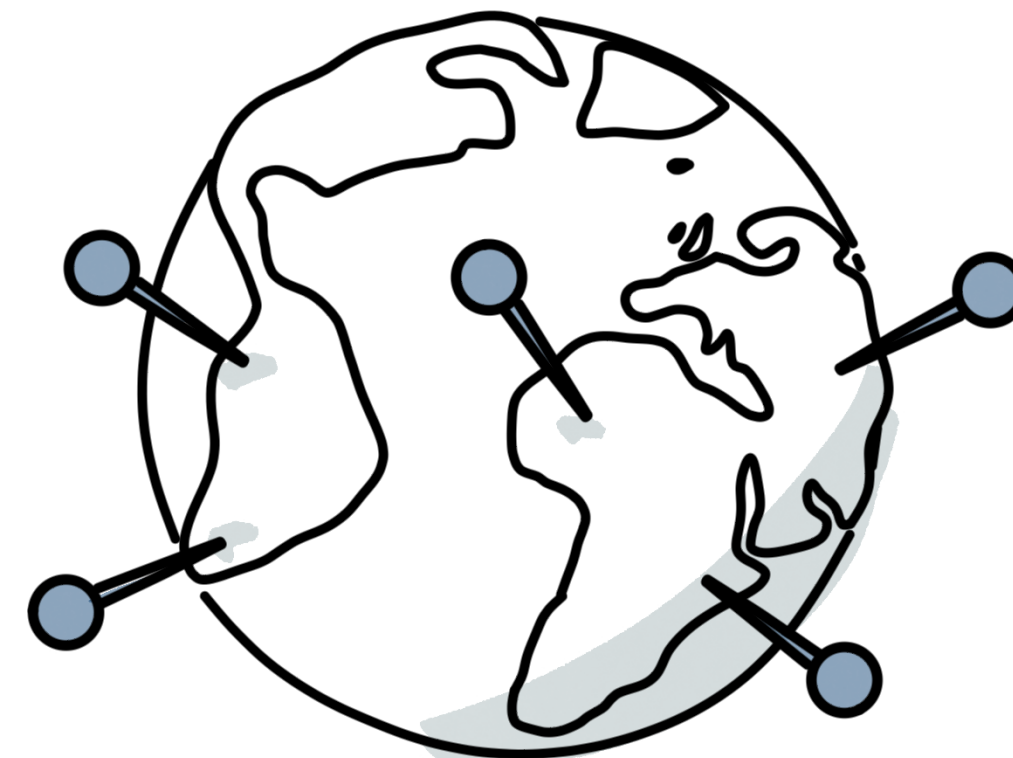
- DOING A MOVEMENT SNACK
- BRISK TEN-MINUTE WALK
- DO SOME STRETCHING
- STOP TO CHAT TO A COLLEAGUE
- READ A FEW PAGES OF A BOOK



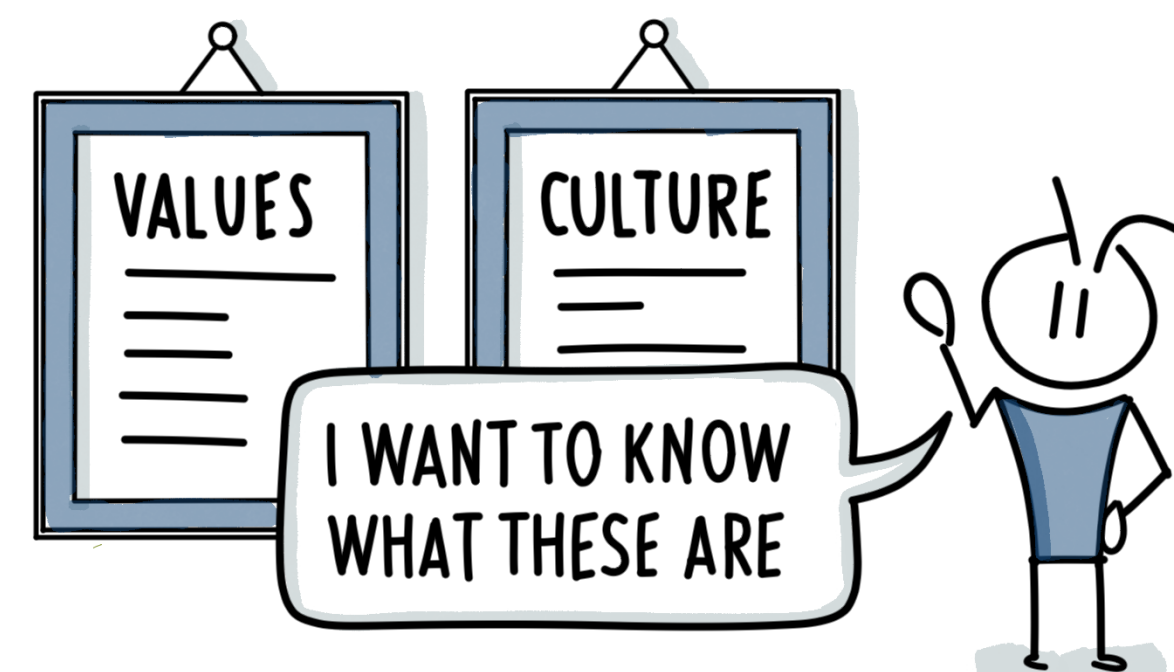
HEY I'M A LEADER & HERE'S AN EXAMPLE OF HOW I RECOVER!

CONNECTIONS & INCLUSIVITY

HYBRID & REMOTE WORKING MEANS YOU CAN HIRE FROM ANYWHERE



IT CAN HELP WITH MORE **DIVERSE** RECRUITMENT



EMPLOYEES WANT TO KNOW MORE ABOUT THE BUSINESS THEY WORK FOR

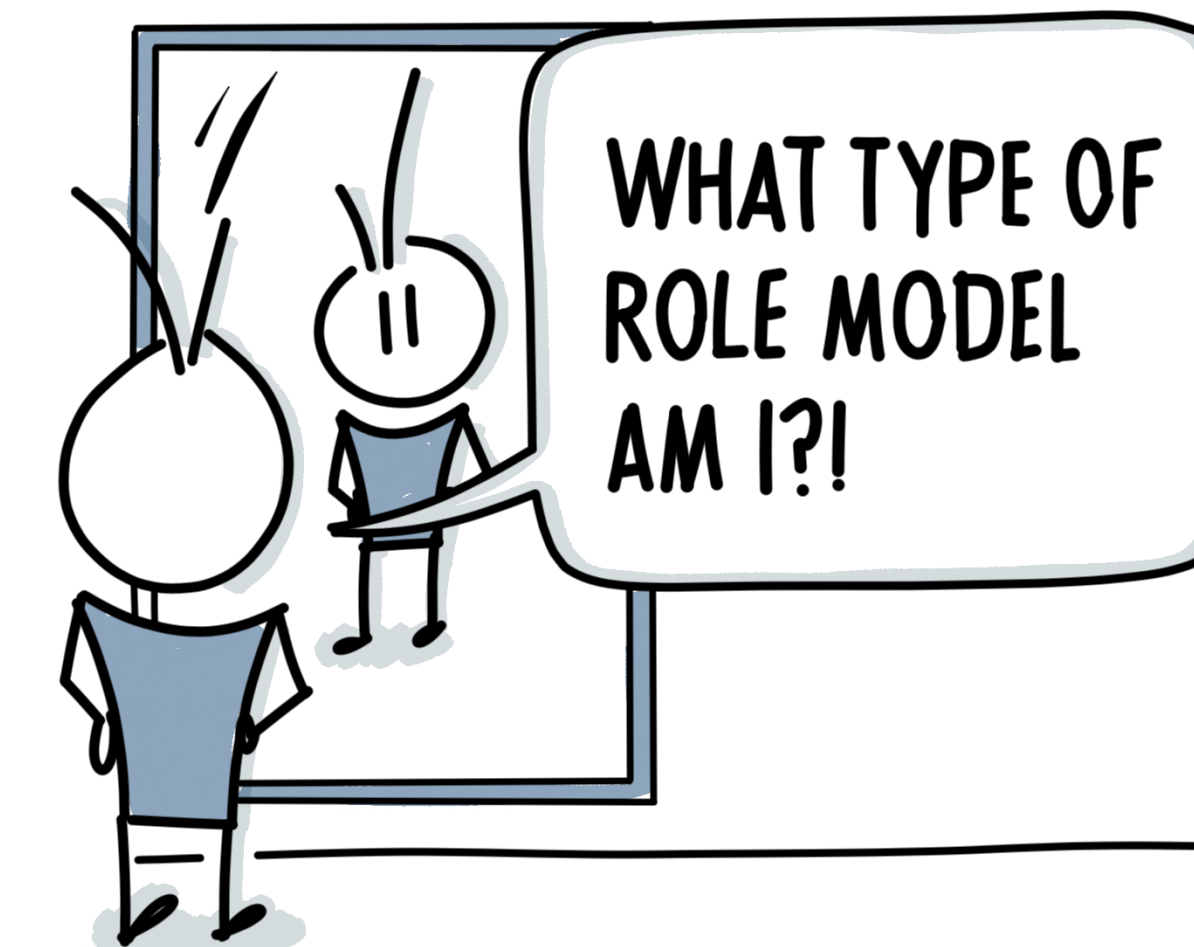
THEY WANT TO **BELONG** TO SOMETHING GOOD

MENTAL FITNESS

DON'T EXPECT TO BE AT YOUR **PEAK** ALL OF THE TIME



EMPATHETIC LEADERSHIP



- FILL YOUR OFFICE SPACE WITH NATURAL LIGHT
- FIND OUT IF YOUR PEOPLE ARE USING YOUR RESOURCES
- COMMUNICATE VIA DIFFERENT CHANNELS

FINANCIAL WELLBEING



THE FUTURE

DO YOU HAVE CLEAR OBJECTIVES?

DO YOU HAVE CONTROL OVER YOUR DAILY FINANCES?

ARE YOUR LOVED ONES PROTECTED?

WOULD YOU BE ABLE TO DEAL WITH **FINANCIAL SHOCK**?

HELP EDUCATE YOUR EMPLOYEES WITH RESOURCES & SPECIALIST SPEAKERS



Leanne SPENCER

@LEANNESPENCERKEYNOTE

