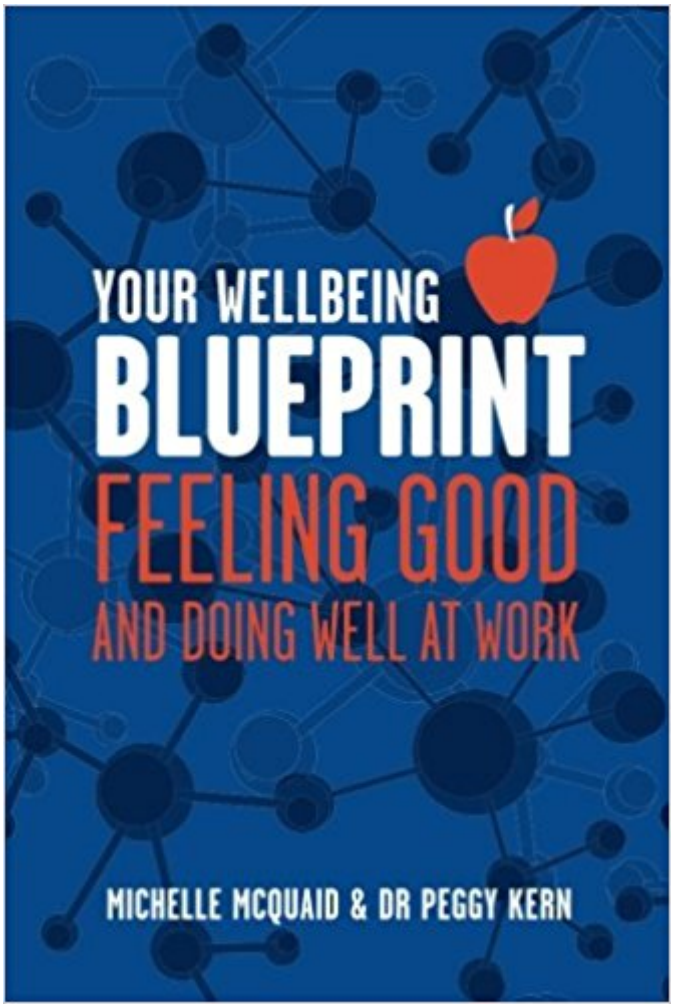
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Your Wellbeing Blueprint: Feeling Good And Doing Well At Work



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Synopsis

Wish you had more wellbeing? Are you longing for an evidence-based approach to consistently feel good and function more effectively at work? Do you need busy-proof practices to help you more confidently navigate the lows and highs we all experience? Your Wellbeing Blueprint distils three decades of research findings from the field of Positive Psychology and reveals practical ways to build your wellbeing through your everyday activities so you can feel good and do well at work. Just like a personal trainer can help you improve your physical fitness, this book will show you how to: Measure your wellbeing using Professor Martin SeligmanÃ¢â ¬â„¢s PERMA framework. Set realistic wellbeing goals that build quick wins to improve your levels of energy, resilience, productivity, health, and happiness. Create a personal wellbeing plan with busy-proof practices that you enjoy doing and make it easier to consistently thrive at work. With more than 100 positive interventions to choose from, this book gives you everything you need to become an informed, confident, and active steward of your own wellbeing so you can wholeheartedly show up and be fully engaged in life Ã¢â ¬â • whatever it throws at you.

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Customer Reviews

Michelle McQuaid is a workplace wellbeing teacher, and playful change activator who is passionate about translating cutting-edge research from positive psychology and neuroscience into practical strategies for health, happiness, and business success. Dr. Peggy Kern is a senior lecturer at the Centre for Positive Psychology within The University of Melbourne’s Graduate School of Education

who has published more than fifty peer-reviewed articles and chapters, and works with schools and workplaces to bridge the gaps between research and practice.

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