

HOSTED BY



HELLO
AGAIN

THE FIZZPOP BANG &
YOKE #WELBREKKIE

THANK YOU

WELLBEING
+
ENGAGEMENT
=
PERFORMANCE

for coming along and getting involved at our brekkie. What a fabulous bunch of people to spend the morning with. We loved having a chance to catch up, reflect and look forward. We hope you had a chance to think about what's important to you and make some new friends too.

The room was filled with creative sparks and effervescence and we came away buzzing with energy around all the thought and ideas you shared.

If you liked your first taste of our wellbeing and engagement smoothie, why not book our 90 minute bite-size session 'Don't just be well, be awesome' to explore this more with your teams.

→ **BOOK HERE** ←

HERE'S A SNAPSHOT OF THE BEST BITS 💡

Reflections

7 point framework: Day





7 point framework: Night



Visioring

What wellbeing looks like...

Utopia

- * A tailored or pick and mix approach
- * Positive role models led by the lead team
- * A focus on worklife balance to support families
- * An authentic culture with trust and autonomy
- * Learning opportunities



Ideas to put into practice

- * Ask what it is important to people
- * Individual Wellness plans
- * A trial and error approach
- * Engage with the management team and show productivity gains
- * Lead by example



What gets in the way

- * Resource - money and time
- * Lack of buy in from the top
- * Short termism
- * Not enough bravery and courage





Your non-negotiables & habits

- * Have you shared your non negotiables?
- * What have you done to put the wheels in motion to form your new habits?

Reconnect

We've had lots of requests to reconnect with other great minded people from the day. If you'd like to share more with each other, we've created a group on LinkedIn [here](#)

If you fancy a chat with us, you can find us here...

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THANK YOU



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