

Work Wellbeing defined

THE CONNECTION BETWEEN WORK AND WELLBEING

A school leaver will have



18 jobs across 6 careers

We spend



33%

a third of our waking hours

and



more than half our years of life at work.

WORK IS
KEY TO OUR
SENSE OF



Identity



Purpose



Growth



Belonging



Contribution

Chapter 1

THE WELLBEING WHEEL



% of employed Australians



33%
often experience
work-related
stress



43%
regularly feel
stressed



83%
say providing work
wellbeing is important
and the responsibility
of the employer

Chapter 5

THE BIGGEST FACTORS IMPACTING THE FUTURE OF WORK

% of employed Australians who say it
will have a significant/ large impact



62%
Mental health and
stress of workers



55%
Demographic
trends



55%
Where work will
be done



52%
Sectors
disappearing



52%
Computerisation
of robotics

Chapter 8

THE MOST IMPORTANT ELEMENTS OF A WORKPLACE

% of employed Australians who say it
is extremely/very important



72%
Workplace
wellbeing



65%
Relationships with
peers/colleagues



60%
Collaborative
work environment



60%
Flexible working
hours



58%
Inspiring and
accessible
leadership

Chapter 1



*Leadership is defined by the culture
created and the people developed.*

Work Wellbeing applied

WORK WELL BEING

Leading thriving teams in
rapidly changing times

MARK MCCRINDLE
& ASHLEY FELL

GET YOUR COPY TODAY

You can find more information and resources about Work Wellbeing at this website.

workwellbeing.com.au



Source
Work Wellbeing: Leading Thriving Teams in Rapidly Changing Times (Rockpool Publishing, 2020)

EMPLOYEE ENGAGEMENT = CULTURE + PURPOSE + IMPACT

Chapter 5

When looking for a place of employment, these matter the most:



58% Culture and value

Conditions and earnings

42%



To some work is simply a job, but to many more it's a lifeline to social interaction, purpose and a place of belonging.

CHANGING LEADERSHIP STYLES

Chapter 7



Command & Control



Collaboration & Contribution



The success of a leader is measured not by what they achieve in their life, but by what they set in motion.

THE WELLBEING TREE

Those whose workplace has a commitment to staff wellbeing are:



2.6x

more likely to be working in their current workplace in 2 years

Retention



3.1x

more likely to be engaged at work

Engagement



4.3x

more likely to recommend their place of work to others

Employer of choice



COMPETENCE

what we do

CAUSE

why we exist

CULTURE

how we do it

Chapter 6