

THE GLWS[®] FRAMEWORK



WORKING WELL

Aspects of Wellbeing affected by our professional lives

LIVING WELL

Aspects of Wellbeing affected by our home, social and personal lives



AUTHENTIC RELATIONSHIPS

Our relationships with our family, friends, colleagues and community



MEANING, PURPOSE & DIRECTION

Our overall sense of whether we are leading a 'good and full life' which holds meaning and purpose for us



RESILIENCE & EQUANIMITY

Our inner strength and emotional evenness



VITALITY & ENERGY

Our physical health, nutrition, exercise and sleep



BALANCE & BOUNDARIES

Our success in balancing the various demands placed on us in all aspects of our life



INTELLECTUAL ENGAGEMENT & FLOW

Our intrinsic interest and focus in the work we do

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Wellbeing implies a sense of thriving, flourishing, being fully alive, 'firing on all cylinders' and living life to the full, as well as feeling balanced and calm, contented and at ease with life. Wellbeing is affected by many elements in our lives and varies from person to person because each of us has a different combination of psychological, emotional, social and physical resources upon which we draw.

Our wellbeing fluctuates depending on the events, challenges and experiences we encounter in our lives. When individuals have more challenges than resources, their seesaw dips, along with their wellbeing, and vice-versa. The GLWS framework is a unique representation of the factors known to drive executive wellbeing.

THE GLWS[®] FRAMEWORK



You have authentic relationships when...

you feel you belong (to a team, family, social group and/or community); you trust others and are able to talk honestly and openly with them, solving problems and making decisions collaboratively.

You feel close and connected to others, supporting them and showing kindness; you are respected and loved by people who are important to you; and you invest your time and give your attention to those you are close to.



You have vitality and energy when...

you manage your energy by pacing yourself and taking time to rest and recover; you are eating the right foods for your body (quality and quantity) and maintaining a healthy weight.

Your drinking habits include enough of the good stuff (water) and less of the bad stuff (caffeine and alcohol); you have an exercise regime that keeps you moving about regularly; you are aware of your body's needs and take action to address these when you need to; and you give sleep the attention it deserves in your life.



You have meaning, purpose and direction when...

you make time to reflect on your life and work and whether you are making the contribution you want to, to the things you truly consider important.

You make changes to refocus your efforts and energies towards the goals you value; you have a sense of perspective about your life's challenges and blessings and feel grateful for what you have; and you enjoy life and feel fulfilled.



You have balance and boundaries when...

your working hours do not impinge on the other things in your life that are important to who you are or want to be and you are able to give your attention to people, activities and experiences outside of work, without feeling distracted by work demands.

You have the right amount of work, most of the time, to feel stimulated and busy, without being overloaded or bored; and you feel 'in control' of your workload and work calendar.



You have resilience and equanimity when...

you acknowledge, understand and respond constructively to your emotions in times of adversity, maintaining a sense of calmness and composure even when facing challenges.

You 'bounce back' quickly after stressful events; you are 'in touch' with your emotional state and when necessary, can regulate your responses in emotionally charged situations; you rarely experience periods of anxiety, depression, self-doubt or guilt; and you balance your own emotional needs with those of other people in your life.



You have intellectual engagement and flow when...

you feel intellectually stimulated and engaged by your work and easily become absorbed in what you have to do, and you often achieve a deep level of concentration on tasks you enjoy.

You can use your creativity and are able to innovate; your work provides opportunities for you to learn and expand your mind; you have a natural curiosity about new things and you feel satisfied that you are able to use your strengths to the best of your ability in your work.