

Beehive Well-being Balance Wheel

The following ten factors are taken from the New Economics Foundation's 2014 research into well-being in the workplace. Well-being is defined by them as 'feeling good and functioning well', and these are the factors that they have identified as facilitating that at work.

- ⑥ Taking your work role as an example, and basing it on '10' being the ideal situation (ie job 100% secure, or work and life perfectly balanced' etc) and '0' being the worst case scenario (ie redundancy imminent, or no balance between work and life etc) consider each of the factors in turn and draw a line across the segment where you feel you are currently are in your role.
- ⑥ Then reflect on the Balance Wheel as a whole. What does that say about your current levels of well-being?
- ⑥ Then, thinking about colleagues in other roles in the organisation, consider the elements from their point of view. What might that say about their levels of well-being?

