

Thriving people, better performance

Focusing on what matters

Make It Safe

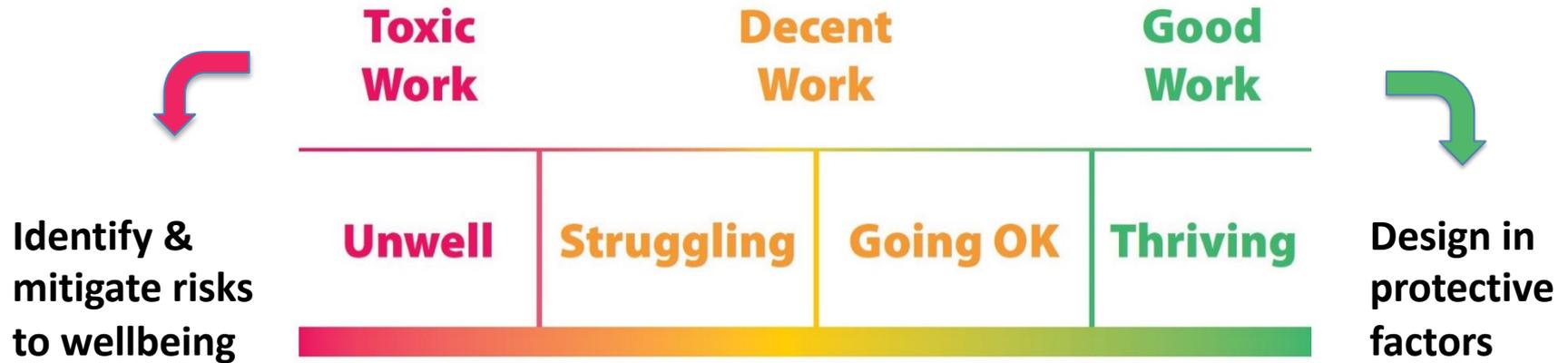
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Understanding Wellbeing

- An individual's ongoing state which enables a person to thrive or not.
- It is on a continuum.
- It is universal, subjective, dynamic and holistic.



Not All Work Is Equal



PROTECT

Identify risks to mental health and wellbeing. Eliminate or minimise at source where practicable, and design in protective factors.

SUPPORT

Provide access to appropriate workplace and clinical support.

PROTECT

FOSTER

**WE
CARE**

SUPPORT

RECLAIM

FOSTER

Develop the mental health and wellbeing capability of individuals and teams.

RECLAIM

Restore the mental health and wellbeing of individuals and teams.

Unwell

Struggling

Going OK

Thriving

“

He aha te kai a te rangatira, he kōrero

The food of the chiefs is discussion

”