



Making **thriving** Contagious



What is **thriving** for me?

My **thriving** score for last 3 months:

/10



## My **thriving** account

⊖ What **sabotages** it?

⊕ What **helps** it?

# Colleague behaviours to build a healthy wellbeing culture



⊖ What **sabotages** it?

⊕ What **helps** it?



What am I going to do for me?

What am I going to do  
for my colleagues?

