



Work on Wellbeing

1st Work on Wellbeing Report

April 2023



Contents

Work on Wellbeing Goals	3
Summary Overview	4
Your Wellbeing Now	7
Global Wellbeing	7
Domain Wellbeing	10
Work Wellbeing	12
Component Wellbeing	15
Your Wellbeing Over Time	16
Work on Wellbeing Actions	20

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The WoW Report and associated results should not be used to replace the advice of a qualified professional. If you are experiencing significant psychological difficulties you should contact your doctor or a qualified mental health professional. Work on Wellbeing disclaims any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of any of the material in this report. [See Terms of Use.](#)

Work on Wellbeing Goals

This report will provide a reflection of your wellbeing at a point in time.

It is useful to reflect on that point in time and what is going on in your life, as well as to think about how you would like things to be, so you can consider any actions you may want to take as you review your results.

Questions

1 What is your intention around your wellbeing?

2 What wellbeing goals would you like to set for yourself?

3 Which areas of your life are going well and why?

Summary Overview

About Wellbeing

Wellbeing most often refers to the aspects that make a life go well. As a multi-dimensional construct it includes consideration of features such as positive feelings (e.g., positive emotions & emotional stability) and positive functioning (e.g., self-esteem, growth, meaning in life). People high in wellbeing are generally mentally fit - they have the capacity to utilise their resources and skills to adapt to internal and external challenges, or advantages, to enable thriving. They are psychologically flexible because they have greater self-awareness and self-regulation.

About Your WoW Report

WoW assessed your subjective wellbeing: your experiences, feelings, functioning and perceptions of how your life is going - both what is going right, and what is going wrong.

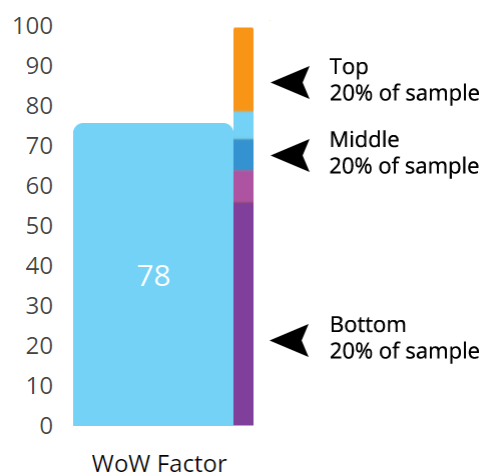
The assessment investigated four main domains:

- 1 a global assessment of your wellbeing
- 2 an assessment of the different domains of your life
- 3 an assessment of your workplace wellbeing (if employed)
- 4 an assessment of component factors underpinning your wellbeing

About Wellbeing

Summary scores have been converted into percentages in your report, and graphs and colour coding have been used for easy interpretation and tracking over time. Some bar graphs also have shaded mini-bars attached to them.

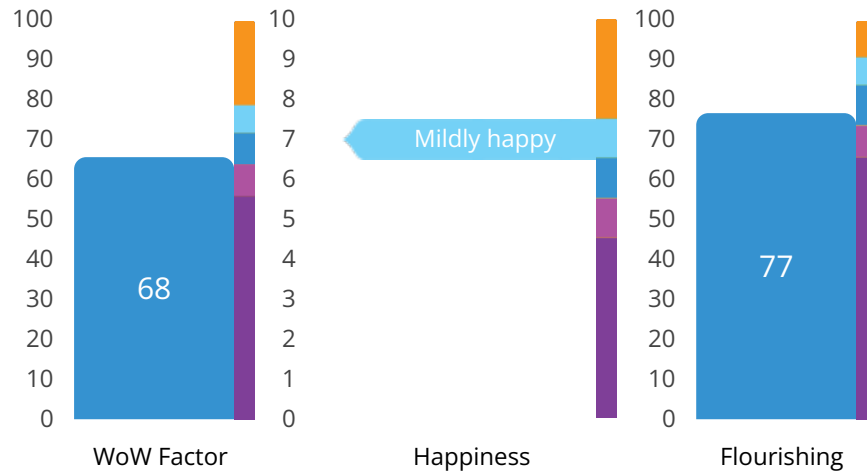
These bars are shaded in quintiles, from **purple** at the bottom (bottom 20% of sample), to **light orange** at the top (top 20% of sample) - the middle **light blue** colour in the mini-bar is the same colour as your main result bar and represents where the middle 20% of the sample score.



Note: WoW recommends caution in comparing your wellbeing to others - the scores are more useful for seeing how your wellbeing is changing over time.

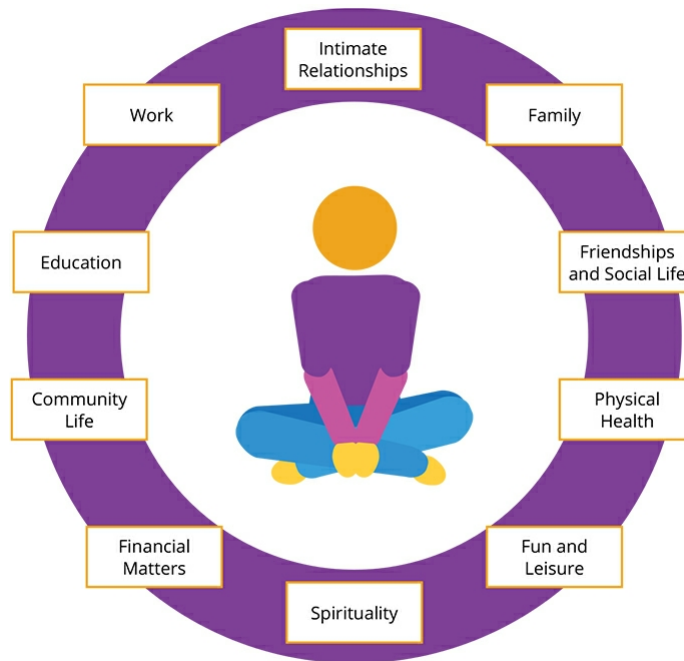
Global Wellbeing

On the whole it seems like you have **about average wellbeing**. You reported that you are **mildly happy**, and your scores indicated that you have **an average amount of flourishing**.



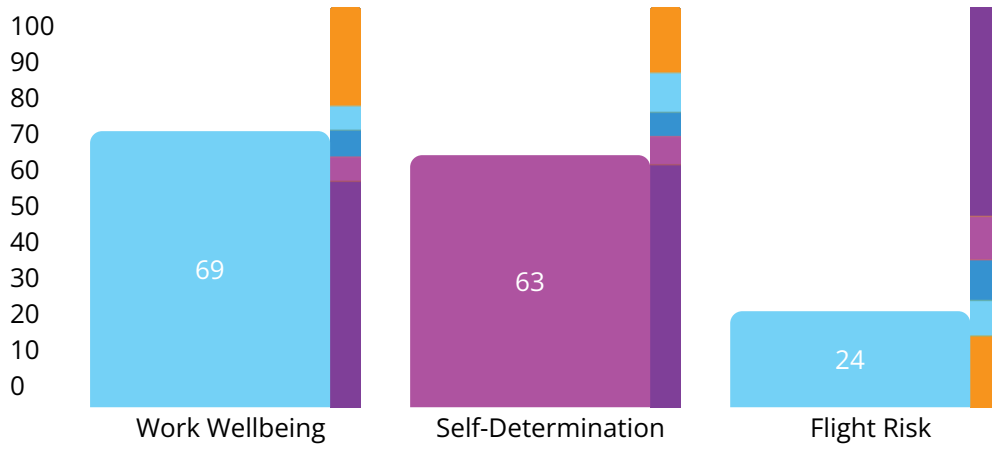
Domain Wellbeing

Your domain wellbeing scores indicate that across most aspects of your life, your wellbeing is **high**. **This means that you are satisfied with a majority of life domains.**



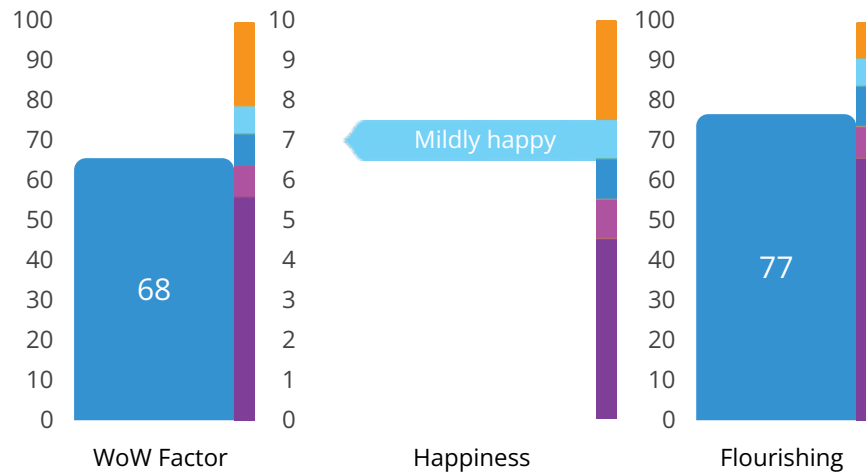
Work Wellbeing

On the whole it seems like your work wellbeing is **about average!** Your self-determination score was **low**, and your flight-risk over the next six months was estimated at **24%**.



Your Wellbeing Now

Global Wellbeing



WoW Factor

The first section of the WoW assessment investigated your overall, or more global, aspects of wellbeing. Here you were asked about your perceptions of life satisfaction, where you are in regard to your 'best possible life', the extent to which you think the things you do are worthwhile, and your amount of daily happiness (which is good) and worry (which is not so good).

Taking account of these aspects, your score for global wellbeing, or what we like to call your "WoW Factor", was:

68/100

This score indicates that you have about average wellbeing. It's ok, but could be better.

Happiness

Next you were asked to pick a descriptive label for how happy you usually feel and you chose **"mildly happy," which indicates that you are feeling fairly good and somewhat cheerful.** It's good to have a descriptive label like this to go along with "the numbers". Does your descriptive label match the scores you received? For example, it would be incongruent if you have a very low wellbeing score, yet choose to describe yourself as "Pretty happy," or if you have a high wellbeing score yet describe yourself as "Pretty unhappy."

Flourishing

In the last part of the global wellbeing section you answered eight questions from a scientific measure called the Flourishing Scale. These questions investigated your perceptions on aspects such as leading a meaningful life, having supportive and rewarding social relationships, and being optimistic about the future. These eight questions assess psychological 'flourishing' which is defined as "living within an optimal range of human functioning, one that implies goodness, generativity, growth, and resilience". In essence, flourishing involves high levels of wellbeing and psychological wealth; a high score represents a participant with many psychological resources and strengths.

Research suggests that flourishing individuals learn more effectively, are more productive at work, are more likely to contribute to their communities, enjoy better social relationships and emotional health, experience less limitations on daily activities, and have better health and life expectancy. Beyond the individual benefits, flourishing is also associated with a range of workplace benefits including reduced absenteeism, greater engagement, enhanced productivity, and lower health care costs.

Possible scores on this scale range from 8 to 56 (you scored **45**), and after converting your score so that it is now out of 100, your score on the Flourishing Scale was:

77/100

This score indicates that you have an average amount of flourishing.

Wellbeing Framework

The three main metrics above (your 'WoW factor' or global wellbeing, your qualitative feel of happiness, and psychological flourishing) are good indicators of how you are fairing in general.

Below is a broader snapshot of your personalised 'wellbeing framework', which is based on a similar common framework a variety of countries are using to take account of their wellbeing.

This framework looks across your WoW assessment so that you can easily identify the components and indicators that are building or hindering your wellbeing – the rightmost components in this framework are more process orientated elements that build into the leftmost more outcome based elements.

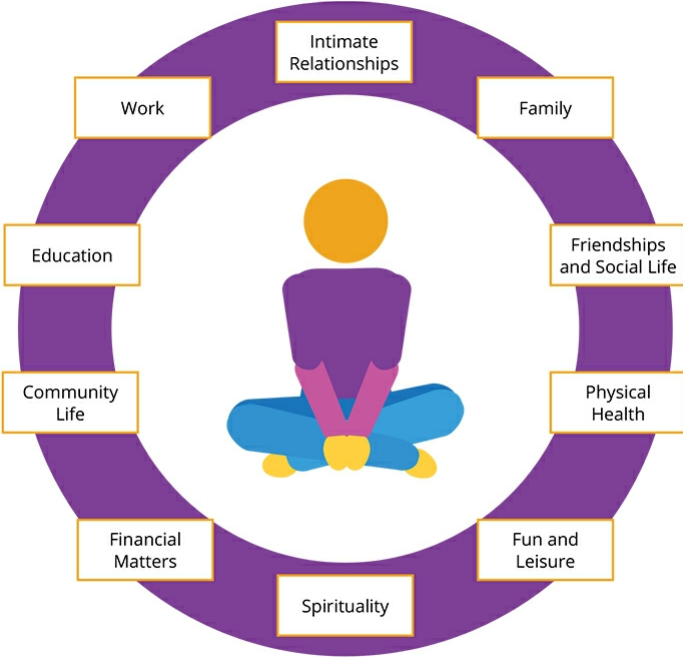
The graphic is colour coded so that you can see where you're doing well, and where you can improve.



Domain Wellbeing

The second section of the WoW assessment investigated your life domain wellbeing. Rather than ask more generally about your wellbeing, these questions put your wellbeing into context by asking about ten important areas of your life, such as your family, finances, work and leisure.

Wellbeing is impacted by many areas of your life. The image below highlights ten domains, and the graph on the following page indicates how you rated each of these domains as far as importance (how important this area of your life is to you) and your current satisfaction (how satisfied you are in that area now).



Reflect on these ten domains and explore ones that are going well for you. Such as what are you doing that is working well? What can you learn from these that you could apply to other domains of your life? Then consider others that you may want to improve and what specific actions could you put in place?

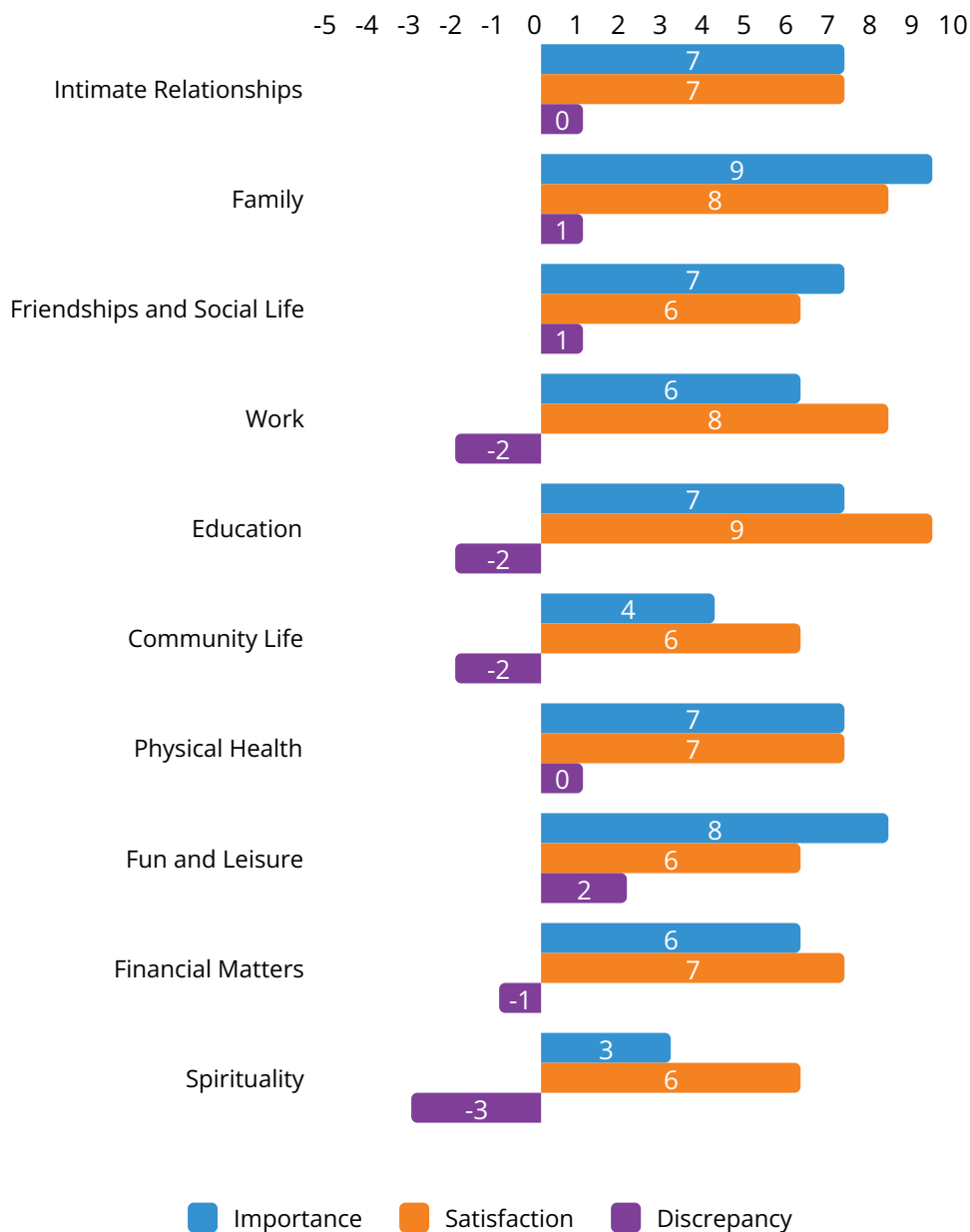
Importance and Satisfaction

Your domain wellbeing scores indicate that across most aspects of your life, your wellbeing is **high**. **This means that you are satisfied with a majority of life domains.**

This graph shows more clearly the discrepancies between your importance ratings and your satisfaction ratings for each life area. Any discrepancy is important as on one hand you might be putting time and effort into a domain that is of low importance, yet you are highly satisfied with, or on the other hand there may be a domain that is very important that you are not as satisfied with as you could be.

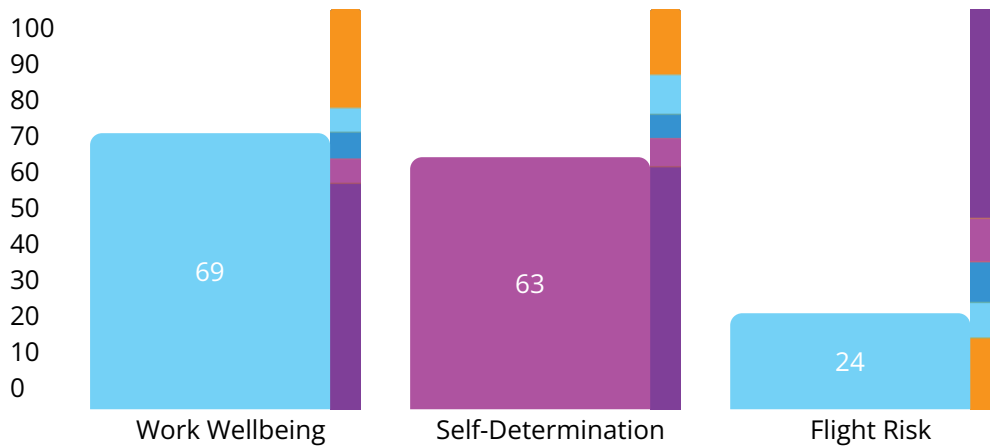
Focus on the **purple** bars in this graph, and the ones with the highest scores.

- A negative discrepancy score means that you are satisfied with a domain that is of low importance (i.e., satisfaction is greater than importance).
- A positive discrepancy score means that you perceive a domain to be highly important, yet low on the satisfaction (i.e., importance is greater than satisfaction).



Work Wellbeing

The third section of the WoW assessment investigated your work wellbeing. Across the 19 questions WoW asked about your work wellbeing, we have derived three scores - an overall work wellbeing score, a self-determination score, and a flight-risk score.



Overall Work Wellbeing

Overall work wellbeing takes into account 17 of the 19 work questions and provides a more accurate and more global judgment of your workplace wellbeing. Thirteen of these questions were positively phrased (higher scores are better) and included judgments of an individual's job satisfaction, work / life balance, how happy they are at work, their workplace relationships, how vital they feel at work, their motivation, their autonomy, strengths utilisation, how competent they feel, how much effort they put in, how proud they feel of their workplace, how valued they feel, and whether their work has meaning. Four questions were negatively phrased (lower scores are better) and included judgments of an individual's job stress, sense of job security, feeling of time pressure at work, and their intention to leave. Two further qualitative questions asked about what makes their organisation a great place to work, and what needs to change to make their organisation a great place to work.

These 17 aspects were rated on a 0 to 10 scale where higher scores indicate a greater endorsement of each aspect (the four negatively phrased questions were reverse scored). Taking the average of all 17 aspects, and after converting your score so that it is now out of 100, your score for overall Work Wellbeing was:

69/100

This score indicates that your work wellbeing is about average! You likely have some positives at work, and some negatives, but have plenty of room to make improvements for yourself, and for your organisation.

Self-Determination

Next your self-determination score is based on Self-Determination Theory, which is a theory about how the three innate psychological needs of autonomy, competence and relatedness facilitate motivation and provide the basic components for human growth and development. These three elements in particular are essential components individuals require for growth – in general life, and especially at work. Conversely, when these three particular needs are not met, a maladaptive response is likely. WoW has compiled your work autonomy, work competence, and work relationships scores into a Self-Determination score.

When this score is converted so that it is now out of 100, your score for Self-Determination was:

63/100

This score is low and indicates that you likely feel like you have little autonomy in your work, may not always feel competent in doing your job, and your workplace relationships might not be that great. You could aim to increase the amount of autonomy, competence and relatedness you have in your job.

Flight-Risk

Lastly WoW has calculated your flight-risk score – this is WoW's subjective judgement of the chance you will leave your organisation within the next six months. In order to determine this score we took into account how you answered the question "How likely is it that you will leave your job in the next six months?" and combined it with the research base of factors known to influence an individual's choice to leave their job – their work stress, work security, work motivation, work satisfaction, how proud they are of their organisation and how valued they feel. Note that the average flight-risk with this formula is about 31%.

When your flight-risk score was converted so that it is now out of 100, your score for Flight-Risk was:

24/100

This low score indicates that you feel secure in your job and don't intend on leaving in the next six months. This is great news for both you and your employer!

Component Wellbeing

The last section of the WoW assessment investigated components that build wellbeing, and in your case, the two components were Resilience and Health and Lifestyle factors.

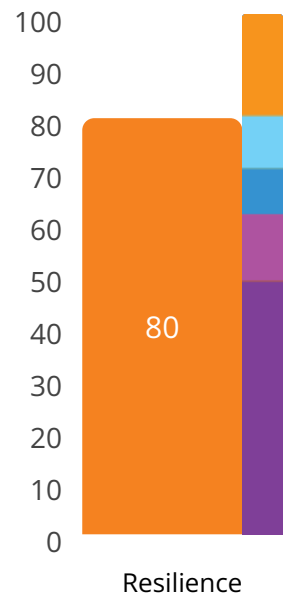
Resilience

In the first part of this component wellbeing section you answered three questions from a scientific measure called the Brief Resilience Scale. These questions investigated if you perceive that you bounce back quickly after hard times, if you usually come through difficult times with little trouble, and how long it takes you to recover from stressful events. These three questions assess 'psychological resilience' which is broadly defined as "an individual's tendency to cope with stress and adversity". In practice, resilience is a dynamic process (rather than a trait within an individual) whereby an individual exhibits positive behavioural adaptation when they encounter significant adversity, trauma, tragedy, threats, or significant sources of stress. Having the ability to cope well results in the individual "bouncing back" to a previous state of normal functioning, or simply not showing negative effects.

Reported scores on this adapted scale range from 0 to 30 (you scored **24**), WoW has converted your score so that it is now out of 100. Your score on the adapted Brief Resilience Scale was:

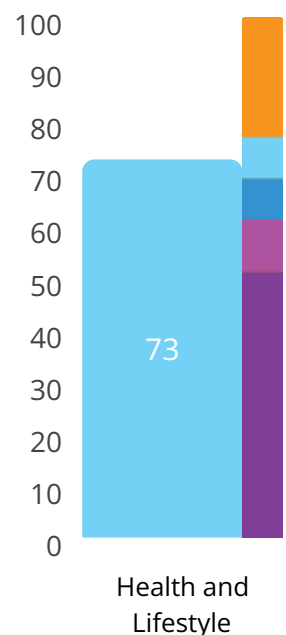
80/100

This score indicates that you are quite resilient which is great!



Health and Lifestyle

In the second part of this component wellbeing section you answered four questions about your health and lifestyle behaviours. These questions investigated your perceptions of how satisfied you are with your general health, diet, quality of sleep, and your level of physical activity and exercise. It is important to assess health and lifestyle aspects in addition to psychological wellbeing as modern health issues are often a result of a maladaptive lifestyle. Health is more than a state of wellness or sickness, it is a personal practice, and thus tracking these four indicators in particular, across key areas of health, can assist with making positive improvements to your health.



Your Wellbeing Over Time

WoW recommends caution in comparing your wellbeing to others – the scores are more useful for seeing how your wellbeing is changing over time.

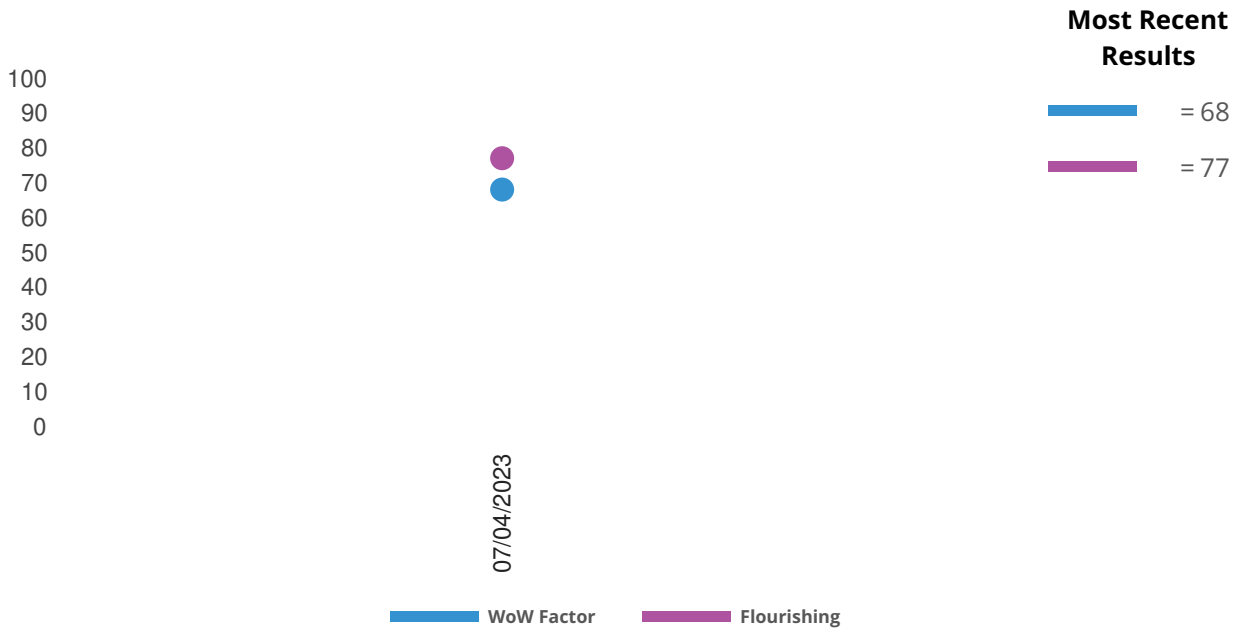
The graphs on the next page indicate how the main metrics and wellbeing indicators assessed and reported on above have changed over time.

If this is your first assessment, only one data point will display and additional data points will be added in this section over time.

If this is your first WoW assessment, you should skip this section of the report.

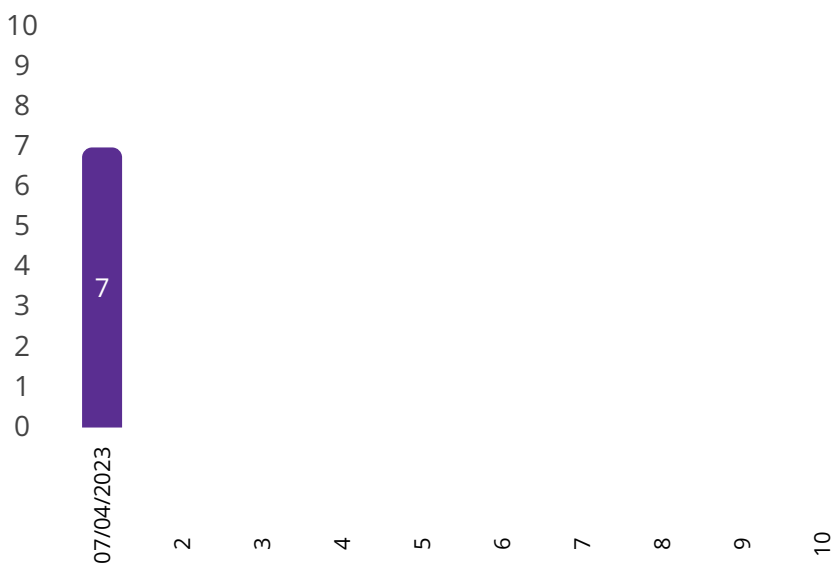
Global and Work Wellbeing

This graph displays four of your main wellbeing indicators over time - two global wellbeing metrics, and two work wellbeing metrics. This graph will display up to your most recent ten assessments.



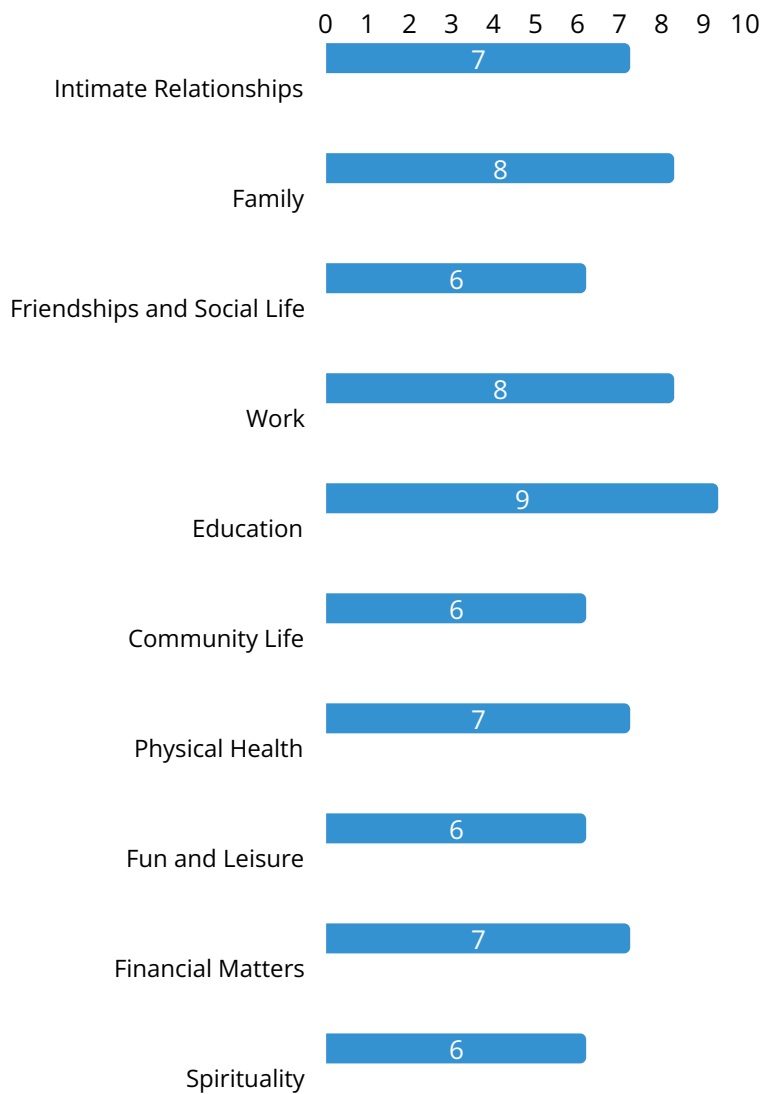
Happiness

This graph displays your choice of descriptive label for how happy you usually feel. This graph will display up to your most recent ten assessments.



Life Domain Satisfaction

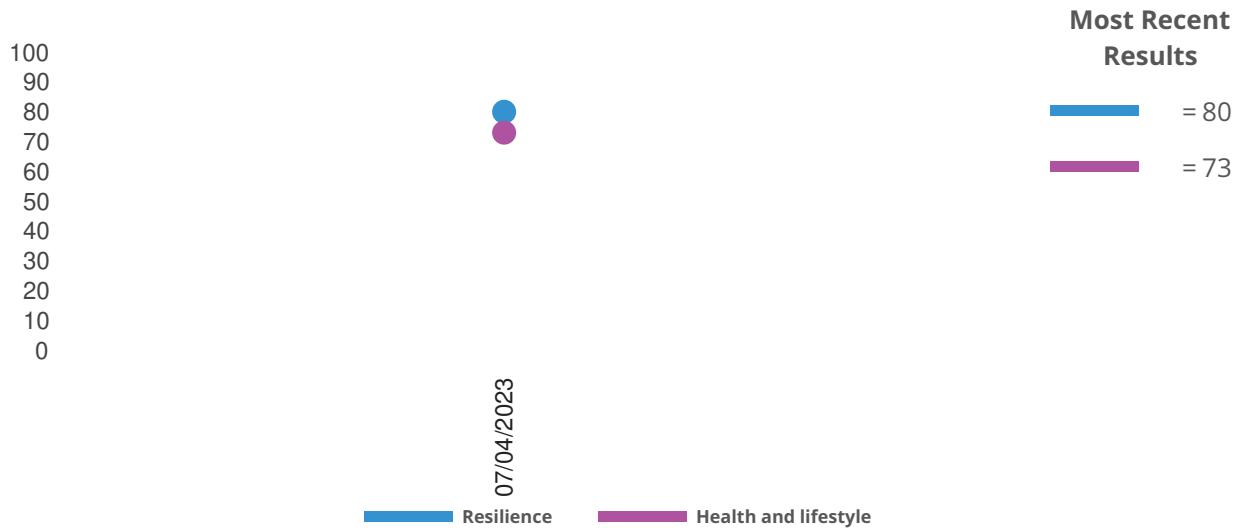
This graph displays your domain satisfaction ratings over your last three assessments.



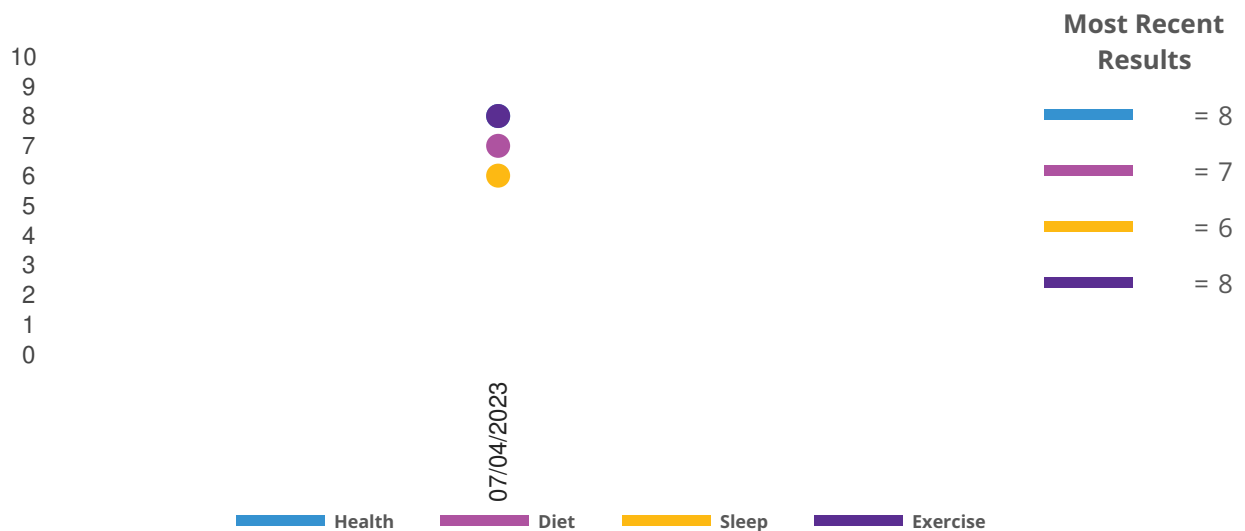
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Component Wellbeing

This graph displays your component wellbeing indicators over time. This graph will display up to your most recent ten assessments.



This graph further expands on the Health and Lifestyle component indicator. It displays your subjective evaluation of your health, diet, sleep and exercise over time. This graph will display up to your most recent ten assessments.



Work on Wellbeing Actions

After discussing your report with your coach you may have come up with some ideas around actions you could take.

This is a great opportunity to capture your thoughts, reflections and actions.

Next time you complete the Work on Wellbeing, please review your actions in line with your new results.

Questions

- 1 What positive actions are you going to take?

- 2 What positive emotions will these actions create?

- 3 What benefits will result from these actions for your overall wellbeing?

