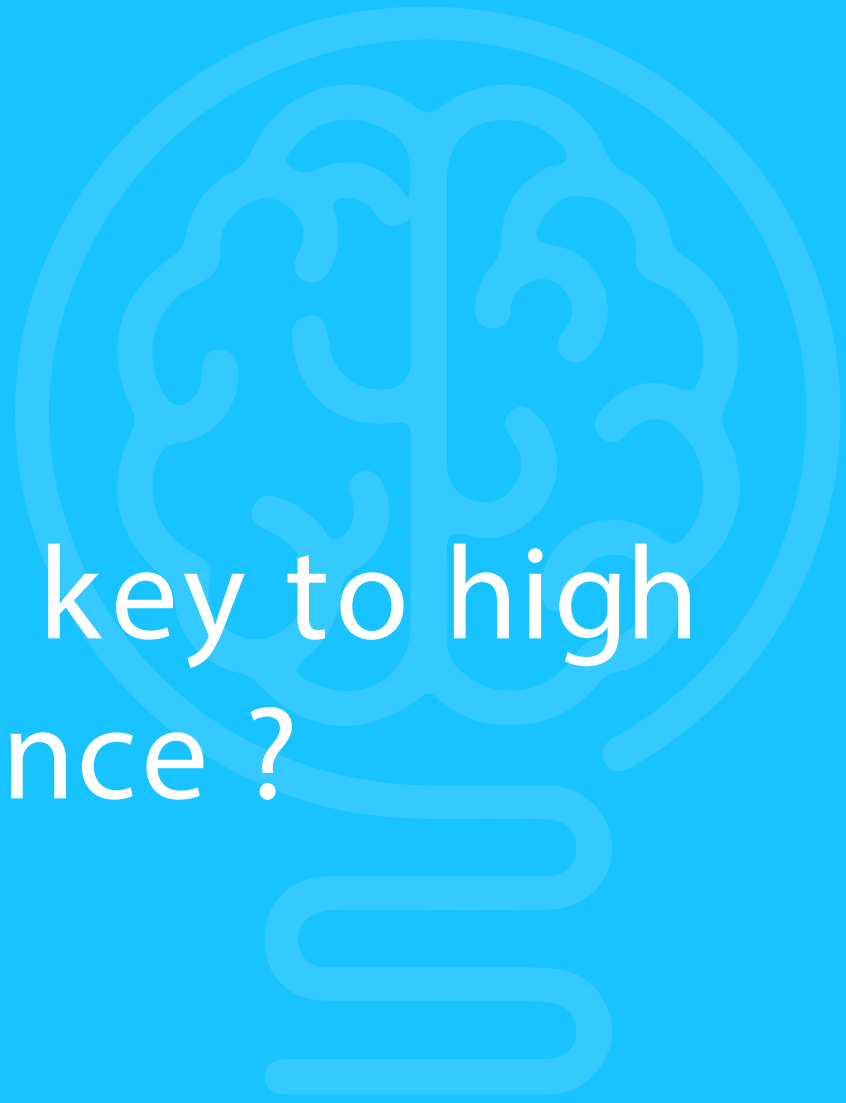




GEN.
HEALTHY MINDS

Is happiness the key to high
performance ?



Gen Healthy Minds

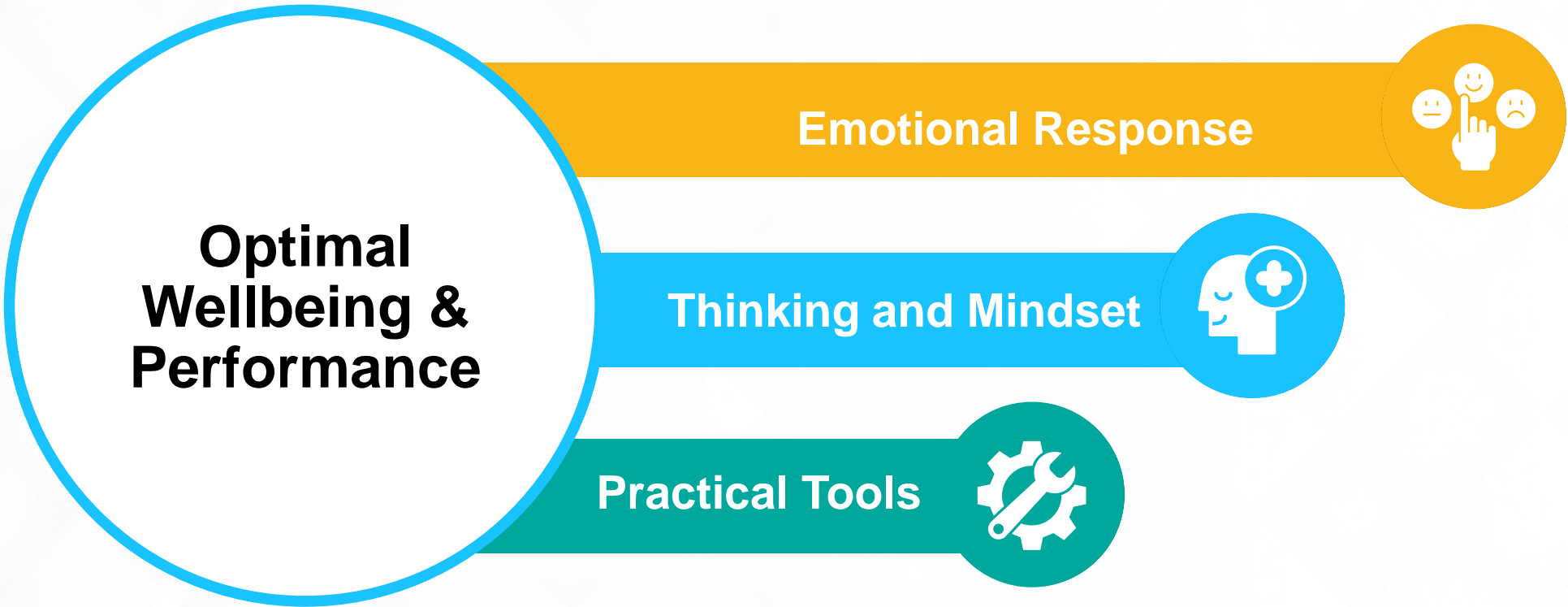
was created with a simple **mission**;

“ We support individuals to stay healthy, happy and perform to a high level in the work environment and life ”



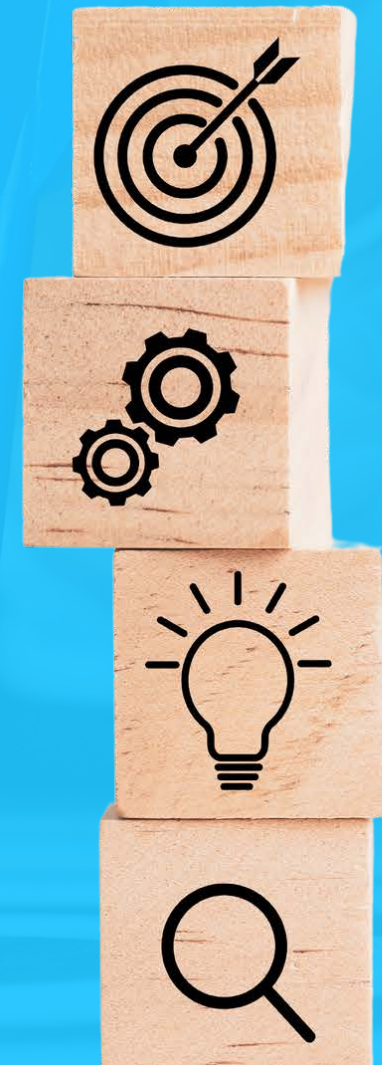


HOW DO WE DO THIS ?



Today's content:

- Positive Psychology
- PERMAH
- Energy Management
- D.A.S.H



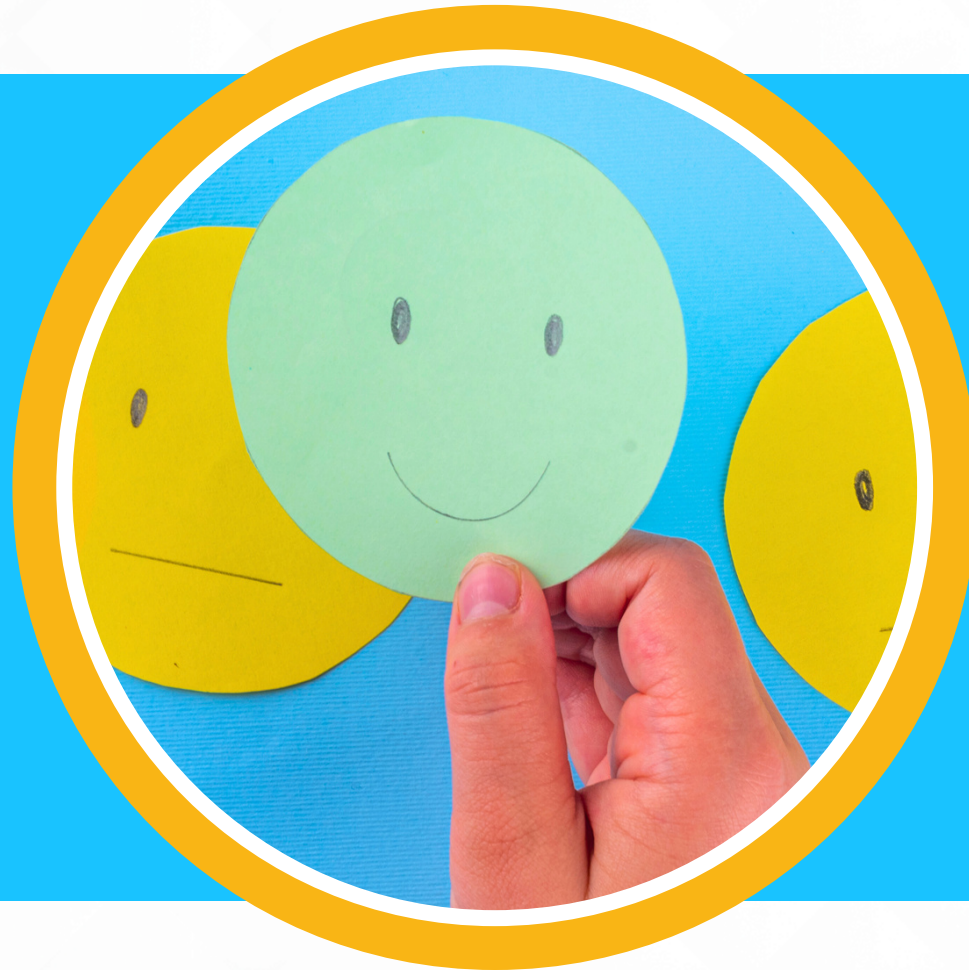
ACTIVITY

Think about one thing that has made you happy in the past 24 hours





A NEW WAY
OF THINKING



POSITIVE
PSYCHOLOGY

Positive Psychology

Why HAPPINESS
=
Higher
PERFORMANCE





The Happiness Advantage

Brain in positive – performs better than negative, neutral or stressed

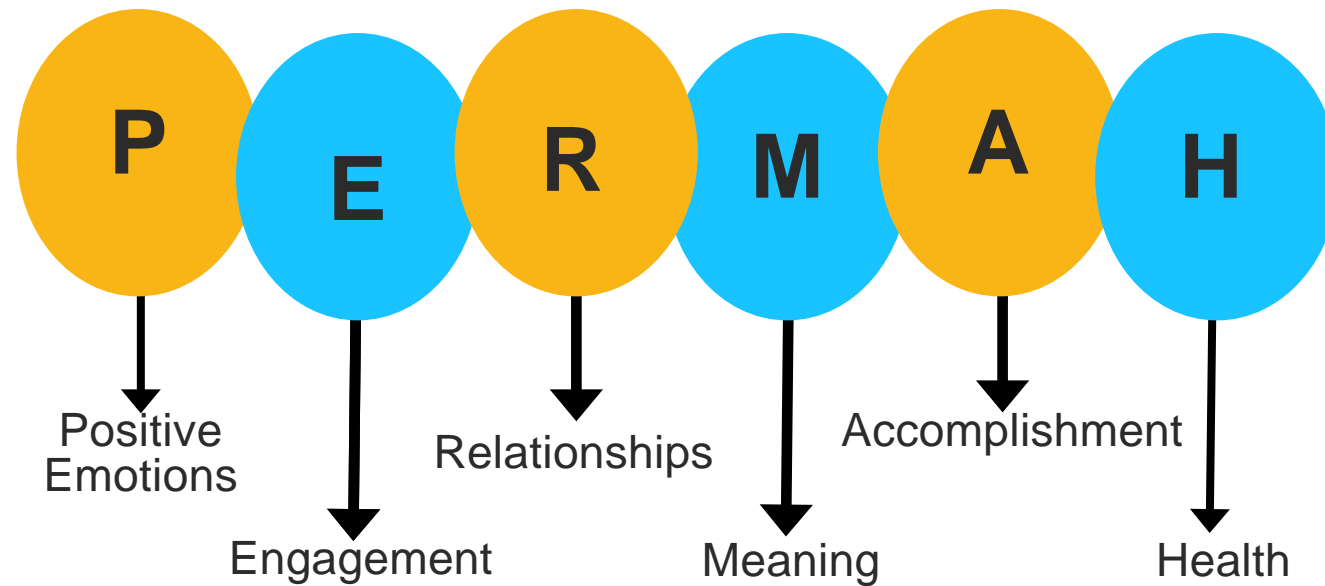
Brain in positive – 31% more productive

We work harder, faster and more intelligently

Dopamine = helps learning centre's adapt to the world

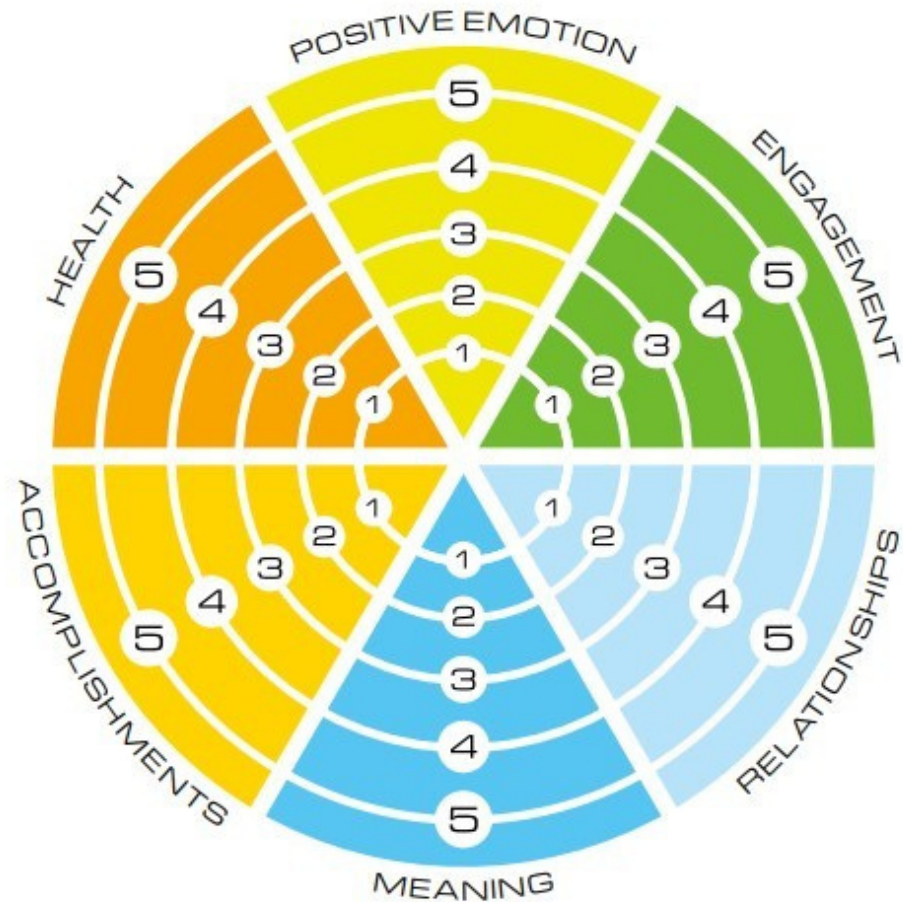


PERMAH MODEL



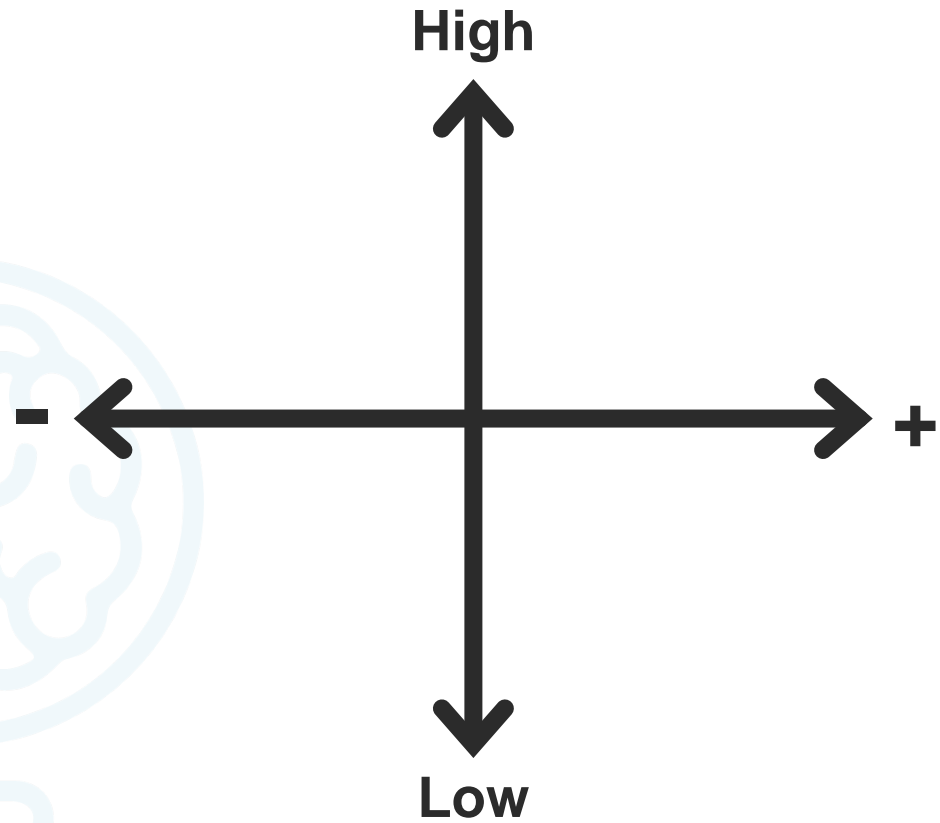
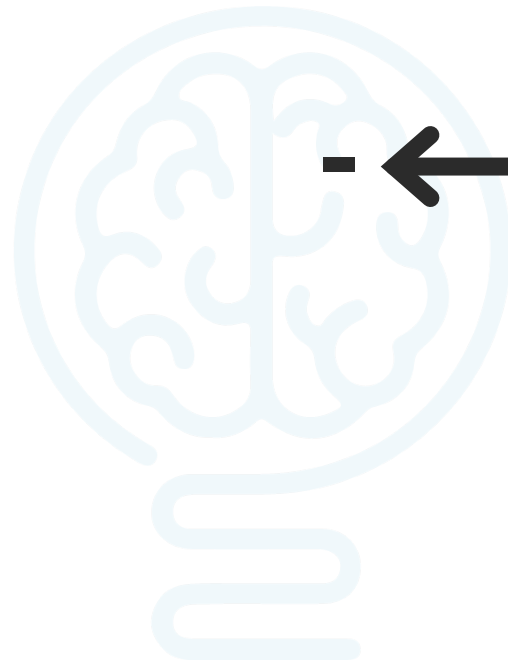


PERMAH WHEEL EXERCISE



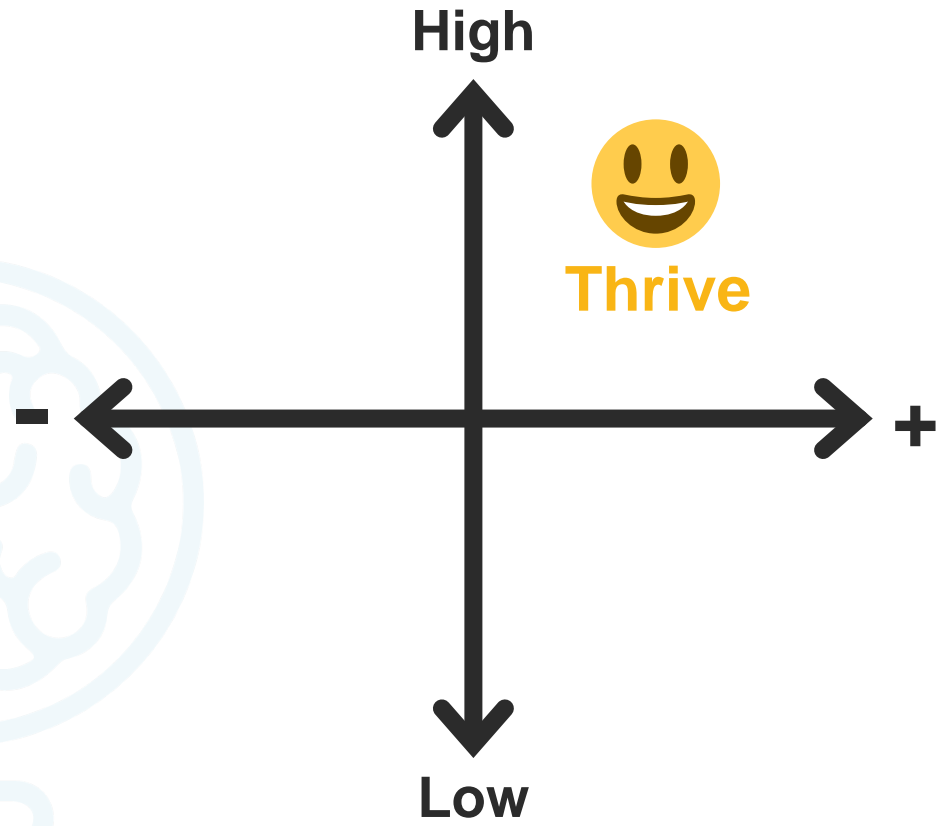
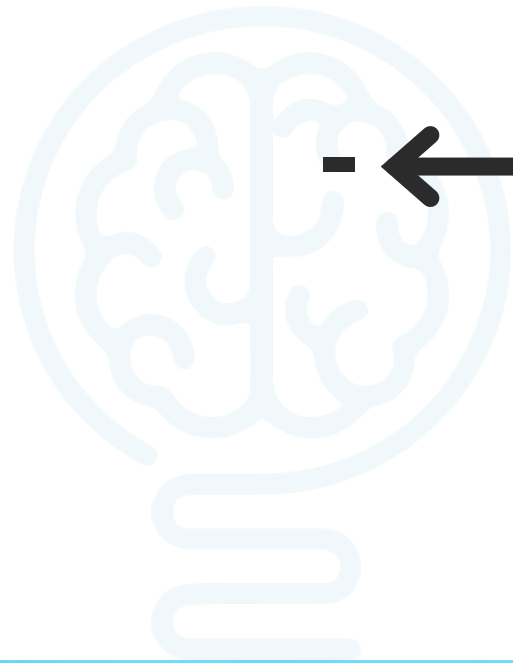


MANAGING YOUR ENERGY



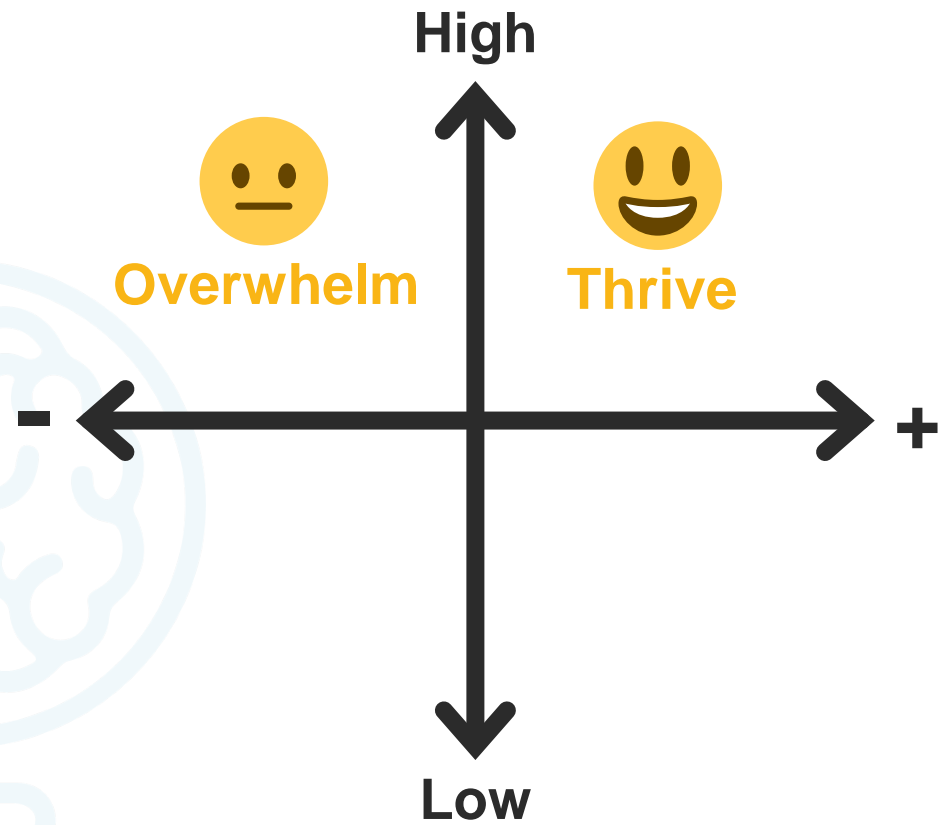


MANAGING YOUR ENERGY



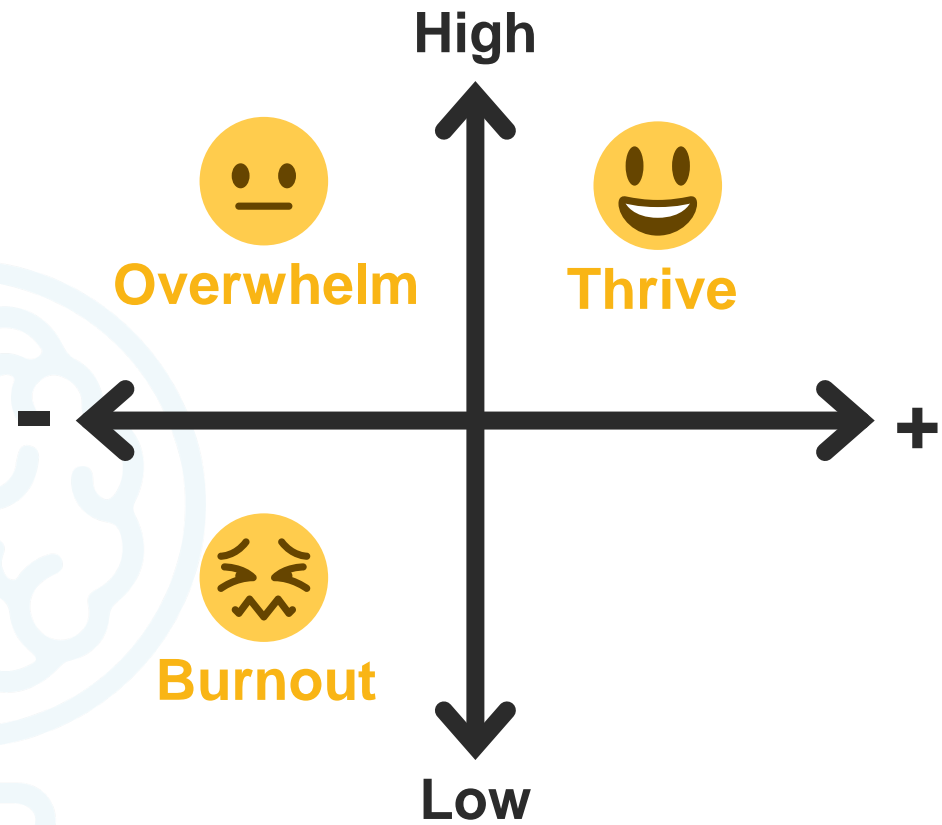


MANAGING YOUR ENERGY



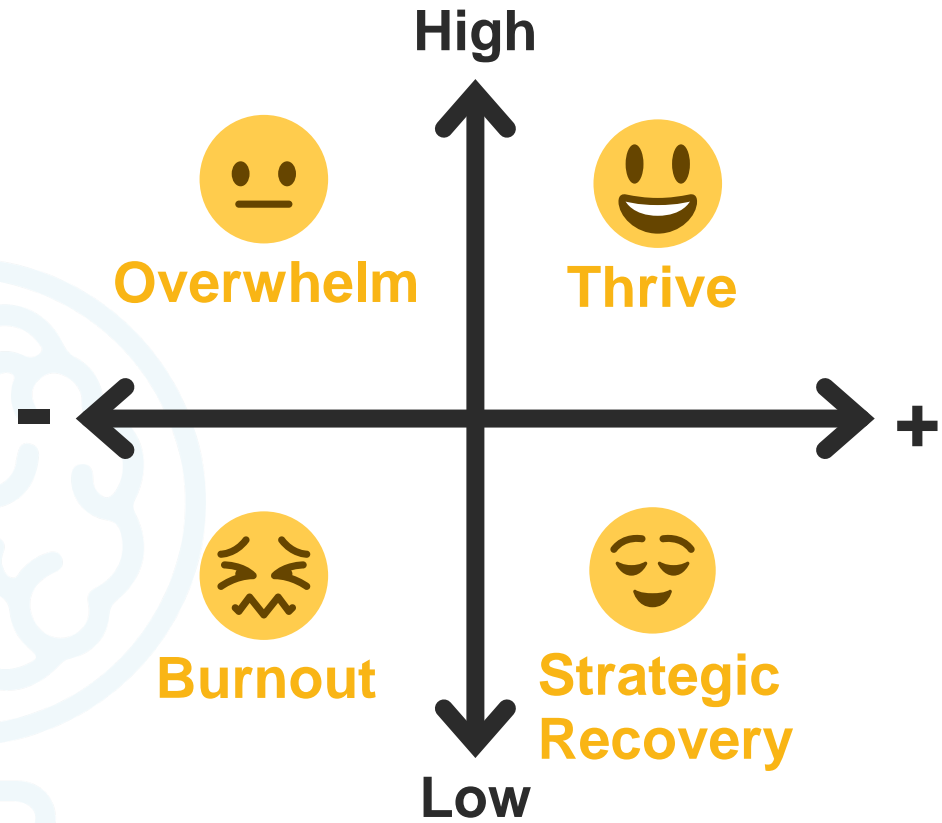


MANAGING YOUR ENERGY



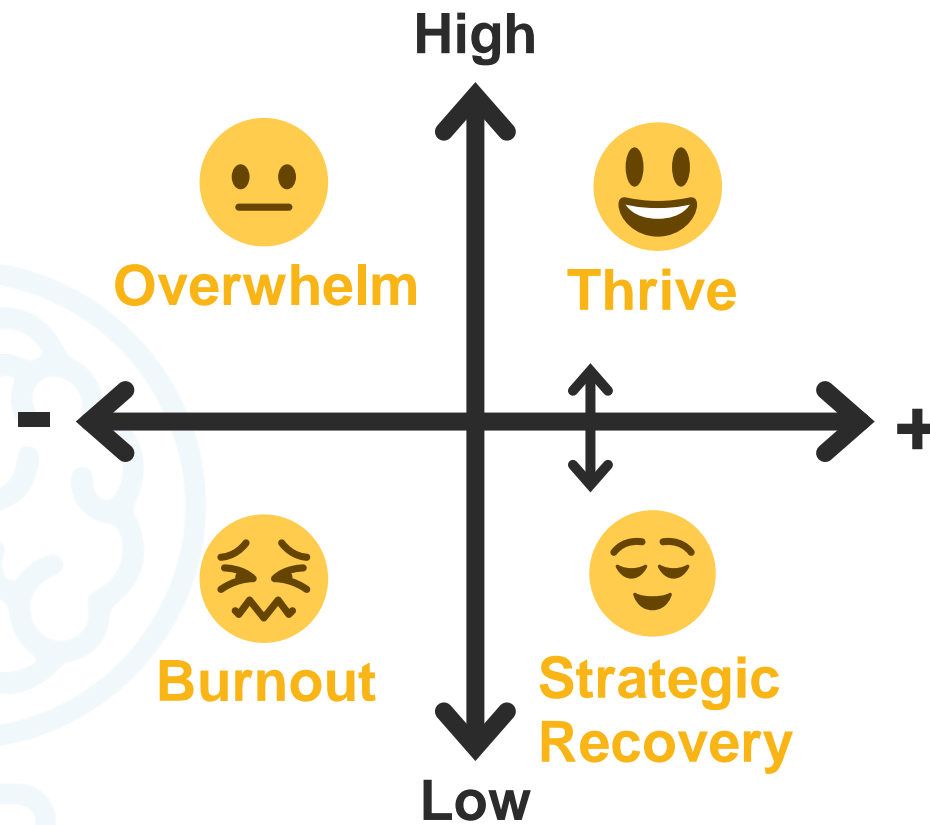


MANAGING YOUR ENERGY





MANAGING YOUR ENERGY





D.A.S.H

— DIET

— ACTIVITY

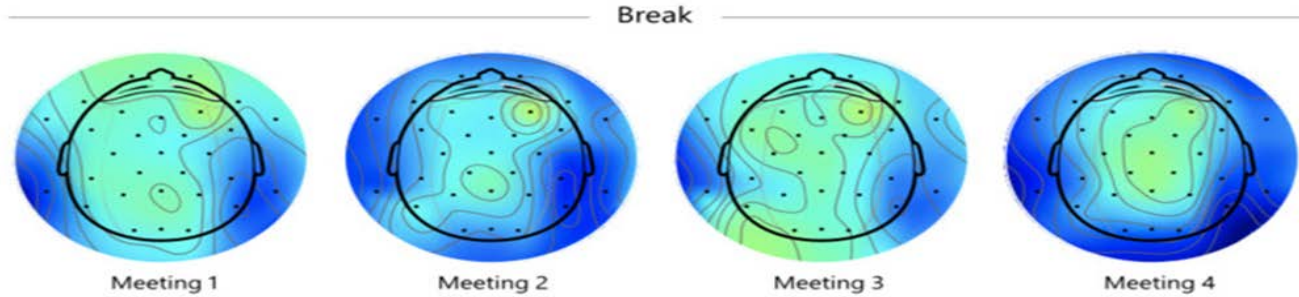
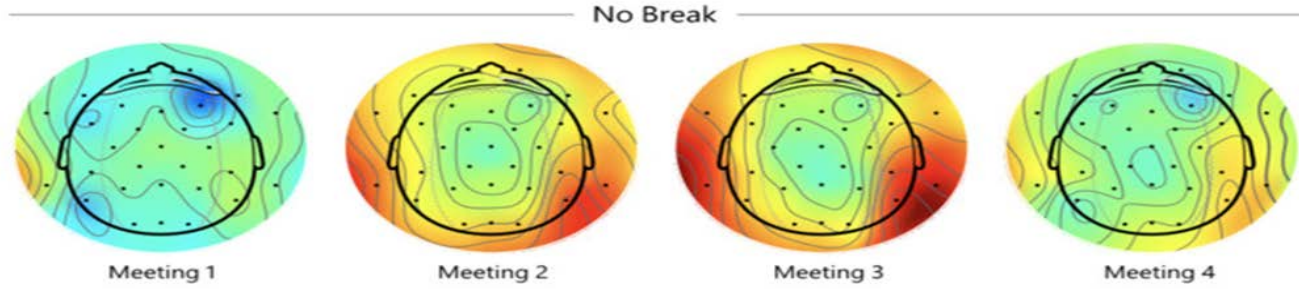
— SLEEP

— HYDRATION





BUFFERS



An EEG cap to monitor electrical activity in the brain



MEASURING YOUR SUCCESS

THE PERMAH WELLBEING SURVEY
 FOR WORKPLACES

WELLBEING RESULTS
 OUR WELLBEING RESULTS
 DATE

THEWELLBEINGLAB
 A MICHELLEMCQUAID PROGRAM

PERMAH WELLBEING SURVEY FOR WORKPLACES

OUR WELLBEING RESULTS

Your Data Gathered: **AUG 2020**

STATE OF WELLBEING - YOUR RESULTS

Number of Respondents: **xxx**

STATE OF WELLBEING - GENERAL POPULATION

WORKPLACE OUTCOMES

Your Result

ENGAGEMENT	PERFORMANCE	SATISFACTION
<div style="width: 72%; background-color: green; height: 10px;"></div> 72	<div style="width: 72%; background-color: orange; height: 10px;"></div> 72	<div style="width: 72%; background-color: purple; height: 10px;"></div> 72
<i>Population Average</i>		
ENGAGEMENT	PERFORMANCE	SATISFACTION
<div style="width: 72%; background-color: gray; height: 10px;"></div> 72	<div style="width: 72%; background-color: gray; height: 10px;"></div> 72	<div style="width: 72%; background-color: gray; height: 10px;"></div> 72

WELLBEING AMPLIFIERS

Your Result

WELLBEING ABILITY	WELLBEING MOTIVATION	PSYCHOLOGICAL SAFETY
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<i>Population Average</i>		
WELLBEING ABILITY	WELLBEING MOTIVATION	PSYCHOLOGICAL SAFETY
<div style="width: 72%; background-color: gray; height: 10px;"></div> 72	<div style="width: 72%; background-color: gray; height: 10px;"></div> 72	<div style="width: 72%; background-color: gray; height: 10px;"></div> 72

TOP 3 WELLBEING STRUGGLES

<i>For You</i>	<ol style="list-style-type: none"> 1. Mental Health 2. Physical Health 3. Managing Money
<i>Population</i>	<ol style="list-style-type: none"> 1. Mental Health 2. Physical Health 3. Managing Money

TOP 3 MOST VALUED FORMS OF WELLBEING SUPPORT

<i>For You</i>	<ol style="list-style-type: none"> 1. Wellbeing Coaching 2. Wellbeing/Resilience Workshops 3. Fitness
<i>Population</i>	<ol style="list-style-type: none"> 1. Wellbeing Coaching 2. Wellbeing/Resilience Workshops 3. Fitness

THEWELLBEINGLAB

Find out more

Contact me : mike@genhealthyminds.co.uk

Visit us : www.genhealthyminds.co.uk

