



Profile

 **Name** Mr. X

 **Gender** Male

 **Department/Unit** Finance

ABOUT YOUR RESULTS

The results presented are a summary of your responses on the Wellbeing Wheel. Aspects of Wellbeing are subject to change over time. This is a snapshot of your wellbeing scores at the time of your completion of the assessment. All scores given in this report have been put on a common scale, which runs from a low of 0 to a high of 100.

WELLBEING WHEEL

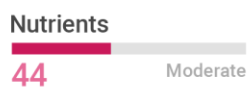


1 Resilience
74

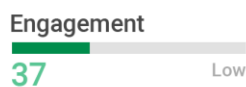
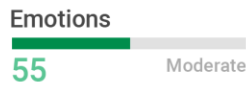
2 Physical Wellbeing
45

3 Social Wellbeing
34

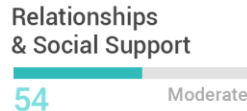
Physical Wellbeing



Psychological Wellbeing



Societal Wellbeing



Cultural Wellbeing



Resilience



INTERPRETING THE PROFILE

High Score (70-100)

A high score indicates that this is likely an area of strength for this individual and it is probably assisting him or her to maintain optimal wellbeing.

Moderate Score (40-69)

A moderate score indicates the likelihood to be able to make changes in this particular area to improve his or her level of wellbeing.

Low Score (0-39)

A low score indicates that this is an area likely to be suitable for development in order to improve overall wellbeing.

WELLBEING COMPONENTS

Wellbeing Wheel measures five key factors that could affect the quality of life and happiness. The following pages provides descriptions of each factors measured.



Physical Wellbeing

Physical Wellbeing is about getting healthy, avoid preventable diseases and having a balance lifestyle. The facets incorporated within factors are sleep and rest, daily (workout) activities, and nutrient intakes.



Psychological Wellbeing

Psychological Wellbeing is attained by achieving a state of balance of emotions, feelings of happiness, and sense of purposefulness. The facets incorporated are positive emotions, sense of meaningfulness, accomplishment, and engagement.



Societal Wellbeing

Societal Wellbeing is the extent to which an individual feels a sense of belonging and social inclusion. The facets incorporated are community relationships building and support, and social competence.



Cultural Wellbeing

Cultural Wellbeing is about having the freedom to practice one's own culture and to belong to a cultural group. The sense of wellbeing comes from being valued for the differences that define us and our beliefs, our history, and our roots. The facets incorporated are respect for socio-cultural diversity and spirituality.



Resilience

Resilience focuses on an individual's ability to cope with, adjust, recover, or grow in face of changing demands or adversity. The facets incorporated are positive coping, adaptability, and effective problem solving.