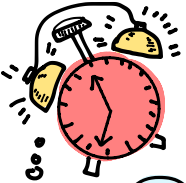


# Wellbeing in the Workplace

with Michelle McQuaid



I would tell myself that I'm not a "morning person".



11 mins

I'm not this... I'm not that...

SICK OF MAKING EXCUSES FOR WHY THINGS DON'T WORK



- \* overwhelmed
- \* despair
- \* anxiety

stretch!



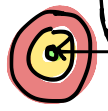
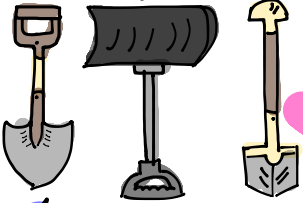
be grateful!

Thx!

end day



Dig into the science of motivation



set intentions

start day

kick start



hydrate!

small

habits

CUE → ROUTINE / ACTION → REWARD

RESILIENT

- CALL-TO-ACTION
- 1 Get clear on your intentions.
  - 2 Discover your strengths. Find one 11-minute habit.
  - 3 Just start.

live happy

by minngo