



REAAA
Wellbeing
Session



OUTLINE

1. What is wellbeing
2. What does it look like in your organisation
3. A framework to move forward with



What is wellbeing?



THE PROBLEM

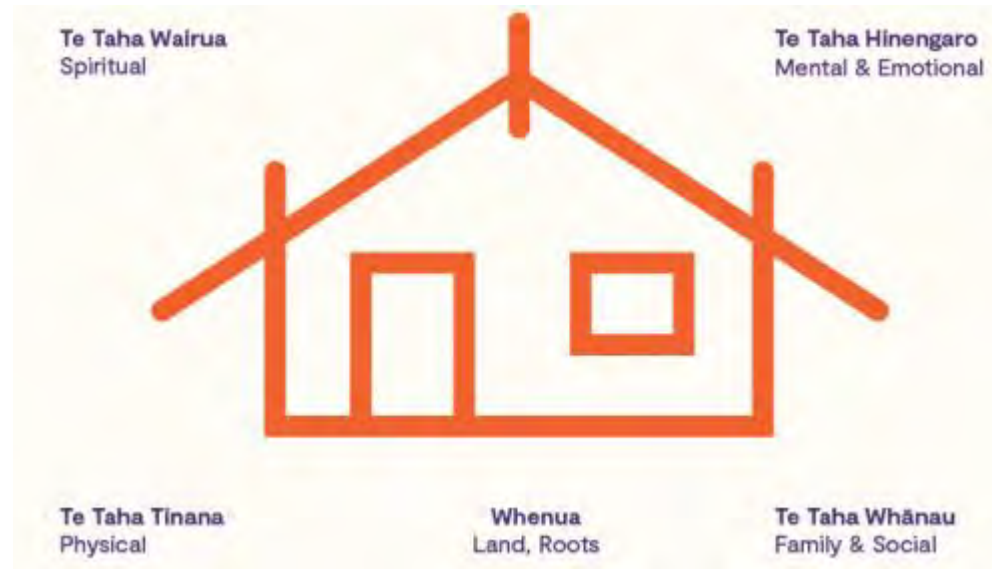
1. Nearly 1 in 4 New Zealand adults experience poor mental wellbeing
2. 6.9% of New Zealand men who commit suicide are employed in the construction industry — the highest of all sectors
3. NZ Police attend a family violence incident every four minutes
4. Over 37,000 ACC claims 2018

Stats NZ, Shine NZ

BUILDING A WELL ORGANISATION

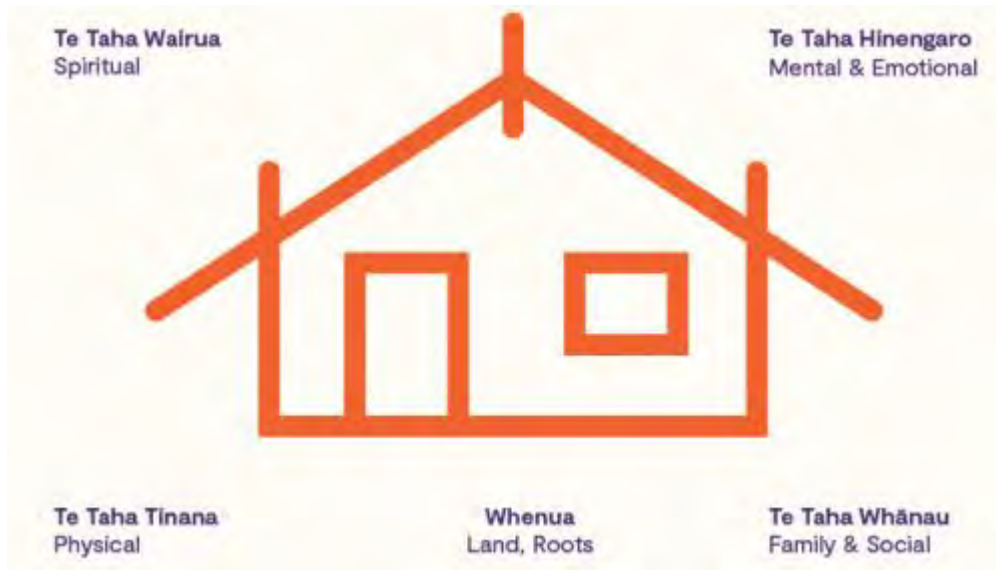


A FRAMEWORK FOR HEALTH PROMOTING LEADERSHIP



Sir Mason Durie 1984

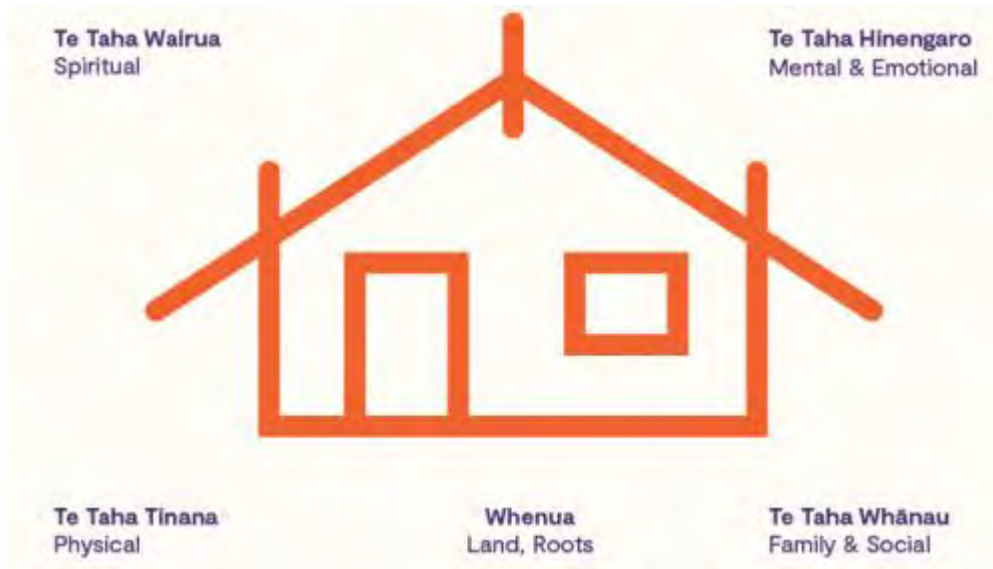
TE TAHA HINENGARO - MENTAL



1. Construction workers are five times more likely to die from suicide than an accident at work.
2. 14% of men and 19% of females reported feeling lonely at least some of the time in the last four weeks

Mates in Construction,
Stats NZ

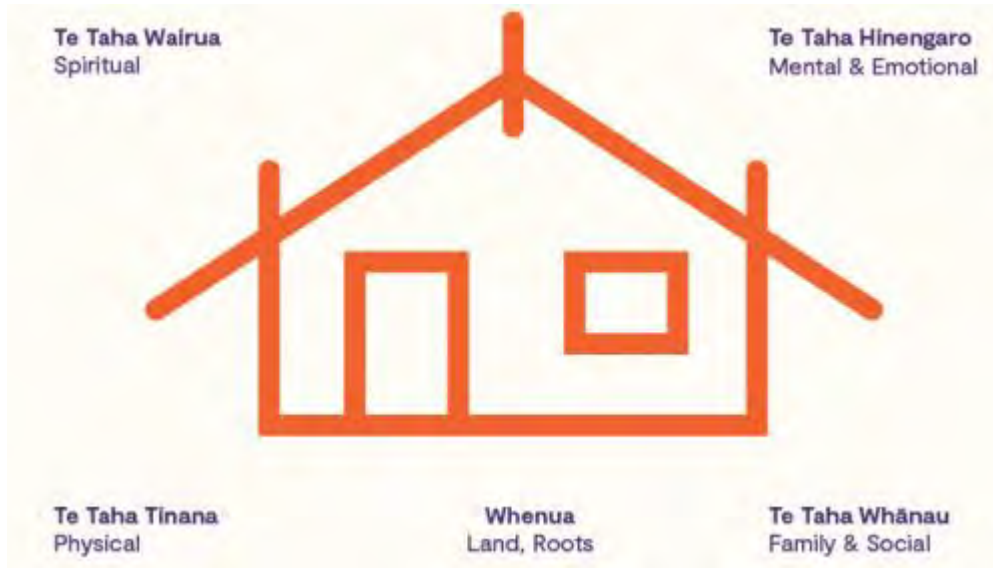
TE TAHA WHANAU - FAMILY



1. Family violence is estimated to cost the country between \$4.1 and \$7 billion each year.
2. The principles of partnership, participation and protection underpin the relationship between the Government and Māori under the Treaty of Waitangi.

Are you ok .org,
Ministry of Health

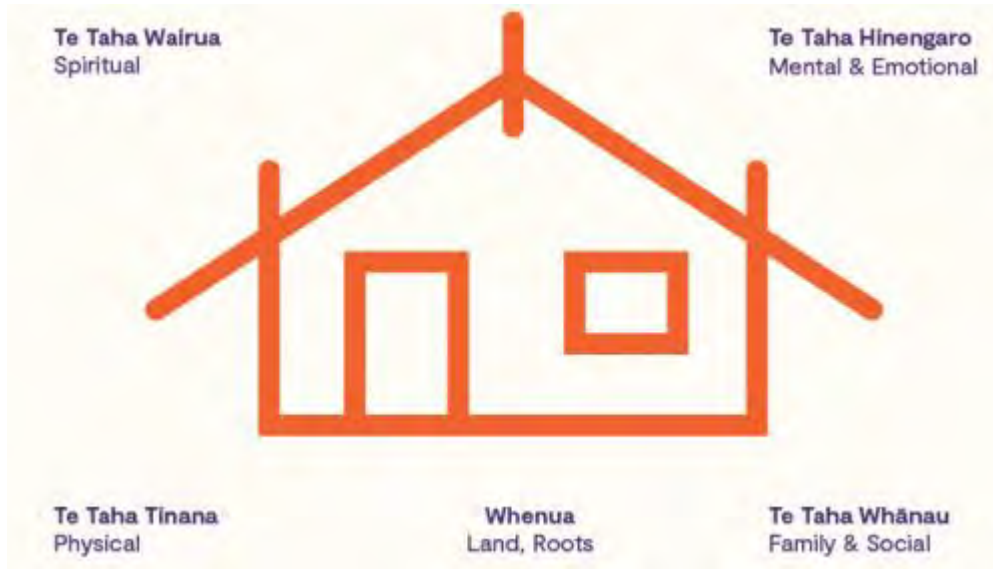
TE TAHA TINANA - PHYSICAL



1. Over 37,000 ACC claims 2018
2. Construction injuries last longer; 14% vs 16% more than one week
3. Maori half as likely to self-rate general health as 'excellent'

Stats NZ

TE TAHA WAIRUA - PURPOSE



1. Only 23% of New Zealanders answered the things that they do are completely worthwhile
2. Ardern congratulated the “team of 5 million” for subduing the threat by observing the rules.

Stats NZ, Washington Post

NEXT STEPS

Well Organisations
Health Promoting Leadership
Te Whare Tapu Wha

