



## UNDERSTANDING YOUR WELLBEING CAREER WELLBEING

Imagine feeling stressed about your work. Your boss continues to pile on additional responsibilities, you're working long hours, and you're feeling exhausted and burnt out. If your employer sent out a wellness challenge asking you to track how many glasses of water you drink in a day for the next five weeks (bonus points awarded to those who consume eight or more glasses of water each day), do you think that would help you? Probably not. In fact, it might just add to your worries. Wellbeing is so much more than physical.

This is where the idea of career wellbeing comes in. While it's just one aspect of the greater concept of organizational wellbeing, it's an important one.

We strongly believe the **WHOLE** person comes to work every day, and each employee's wellbeing and engagement influences individual and organizational performance...this includes how they're feeling in their own career position.

### CAREER WELLBEING AREAS OF EXPERTISE

Diversity & Inclusion

Training & Coaching

Mentorship

Focus Groups

Surveys & Validation

Decision Support & Engagement  
Tools

Communications

Engagement Technology

Environment

### WHAT IS CAREER WELLBEING?

Career wellbeing is defined as how you occupy your time and if you like what you do each day.

### WHY IS CAREER WELLBEING IMPORTANT?

The dimension of wellbeing that has been identified as being the most significant is career wellbeing. Having a sense of purpose and connection to one's work has a stronger correlation to overall wellbeing than any other dimension.

People with high career wellbeing are more than **twice** as likely to have high overall wellbeing. Research also shows that people who are satisfied with their job experience a reduction in health risks, such as anxiety, depression, and cholesterol levels.

Sounds pretty good, right?! Why wouldn't you invest in it? We can help!

EthOs works with organizations to **enhance** the employee experience by **empowering** your people to bring their best self to work every day and fully **engage** in your organizational purpose.

Are you interested in enhancing your culture and employee experience? Reach out to us today!

