acta non verba.



#### definition.

The employee wellbeing definition refers to the state of employees' mental and physical health, resulting from dynamics within and sometimes outside – the workplace.





### fact #1

Engagement and well-being affects positively employee performance.

Gallup survey



#### fact #2

The five essential elements of well-being are:

Social

Purpose

**Financial** 

Physical

Community

The Gallup-Healthways Well-Being Index

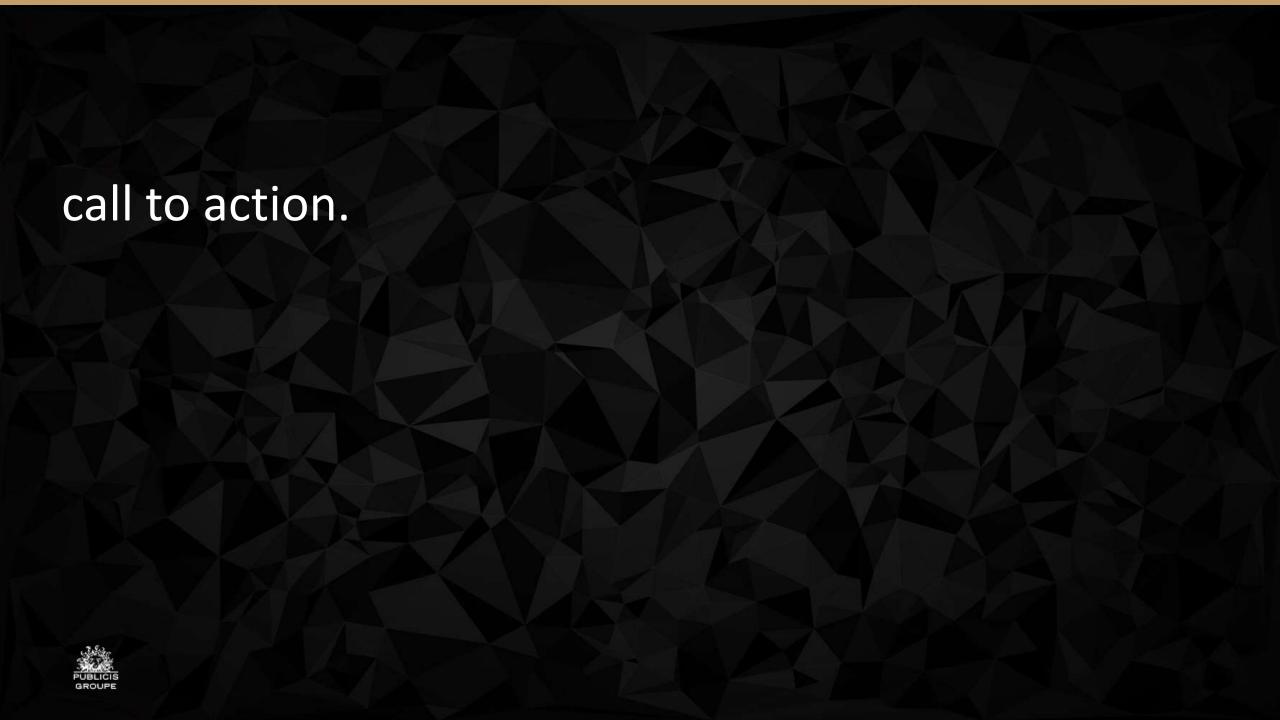


#### fact #3

Three factors employees and job candidates are looking for in a company: Permanent workplace flexibility, a commitment to health & well-being and working with a purpose.

The Global talent Trends Survey, Mercer 2018





## lion rules.



Allow flexibility for overtime



Don't overwork



Work remotely



Support working parents



Vork autside, surrounded by nature



Trust colleagues

# Lion Rules for a Well-Balanced Life



Take time=ol



Belong without

physically being at the office

Stay active



Allow for and give flexibility





Empower each other







