



Organizational Well-Being

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Cocoa & Chocolate

Our world



“A new high-intensity workplace has evolved – employees are being asked to do more with less, working long hours with increasingly heavy workloads.....”



.....The line between work and life has been blurred as many struggling to achieve or maintain a sense of balance and suffering from the 'always on' syndrome.....



.....No wonder well-being and health issues are increasingly important within organisations.....



Our World



“A high-intensity activity– athletes are pushing the limit, training long hours, putting in their mind, body and soul.....



.....The line between life and activity has been blurred as many are investing time and energy at excelling in their activity of interest, they work out 2 -3 evenings a week, they are always connected.....



.....well-being and health issues are increasingly important



What is the difference?

PROGRESS PRIDE INTEGRITY SUPPORT
ACCOUNTABILITY TEAMWORK TRUST
RESPECT COURAGE LEADERSHIP DIVERSITY
HONESTY PASSION COMMUNICATION
VALUES
LEADERSHIP HONESTY
QUALITY COMMITMENT RELIABILITY
PERFECTION VISION PROGRESS CAPABILITY
POTENTIAL EXCELLENCE OPENNESS
SUPPORT CONFIDENCE SIMPLICITY

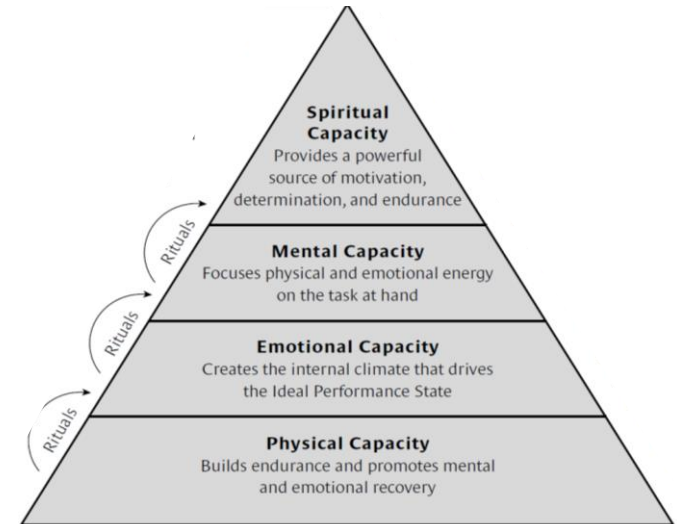


ALWAYS ON/TECHNOLOGY/WORKLOAD ARE NOT THE
MAIN CAUSE OF STRESS,
VALUES BEING DISRESPECTED ARE!!



What can we as Organizations/ leaders do to help?

Bringing MIND, BODY and SPIRIT to peak condition



Jim Loehr and Tony Schwartz
The making of a corporate athlete (HBR)

Recovering ENERGY !!!



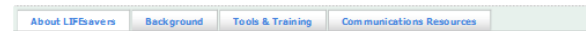
Balance versus **integration**

From Flexibility to Agility



Leadership Role Modeling

- CEO David MacLennan has not used his phone in the car for over 1 year



LIFE savers

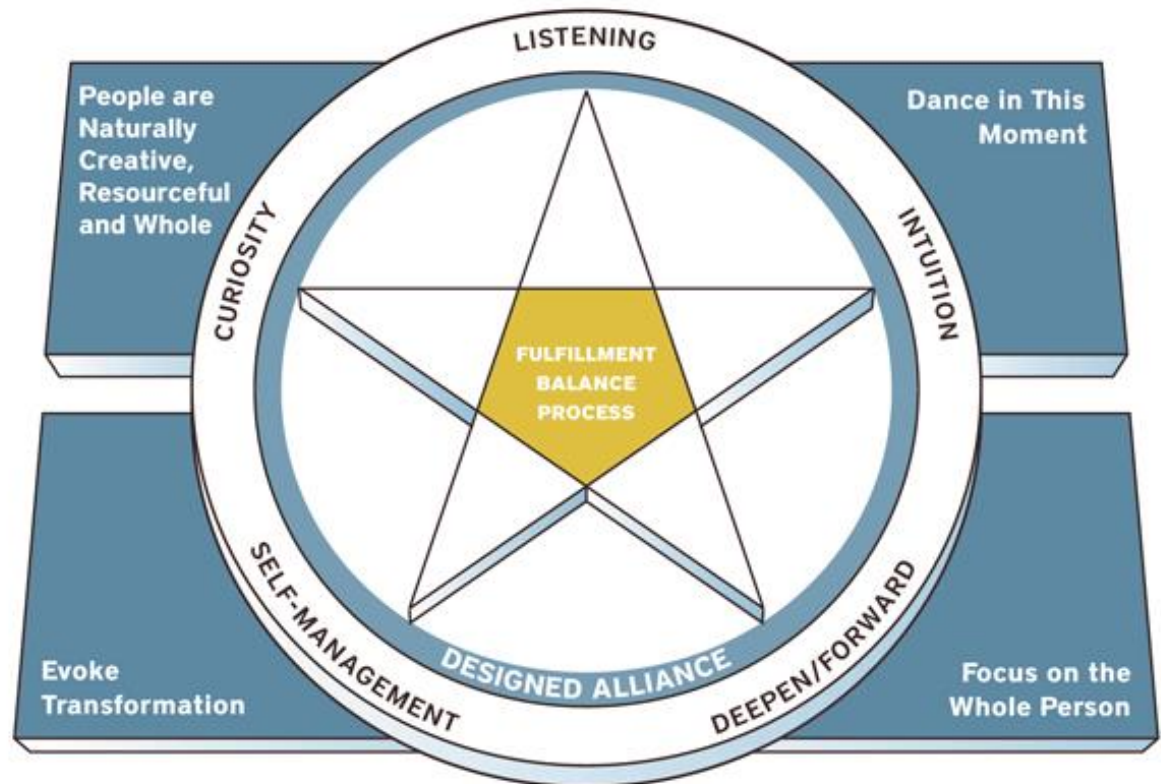
LIFE savers is the newest enabling activity of the Focus on LIFE campaign which builds on the Critical 5 work. The 12 LIFE savers reinforce existing processes and also focus on the highest-risk areas at every Cargill location.

A variety of tools and resources are available here for Focus on LIFE and the new LIFE savers, including tips for introducing LIFE savers in your business. Browse the tabs above to view more on LIFE savers. If you have questions about these resources, please contact Jill Packey.



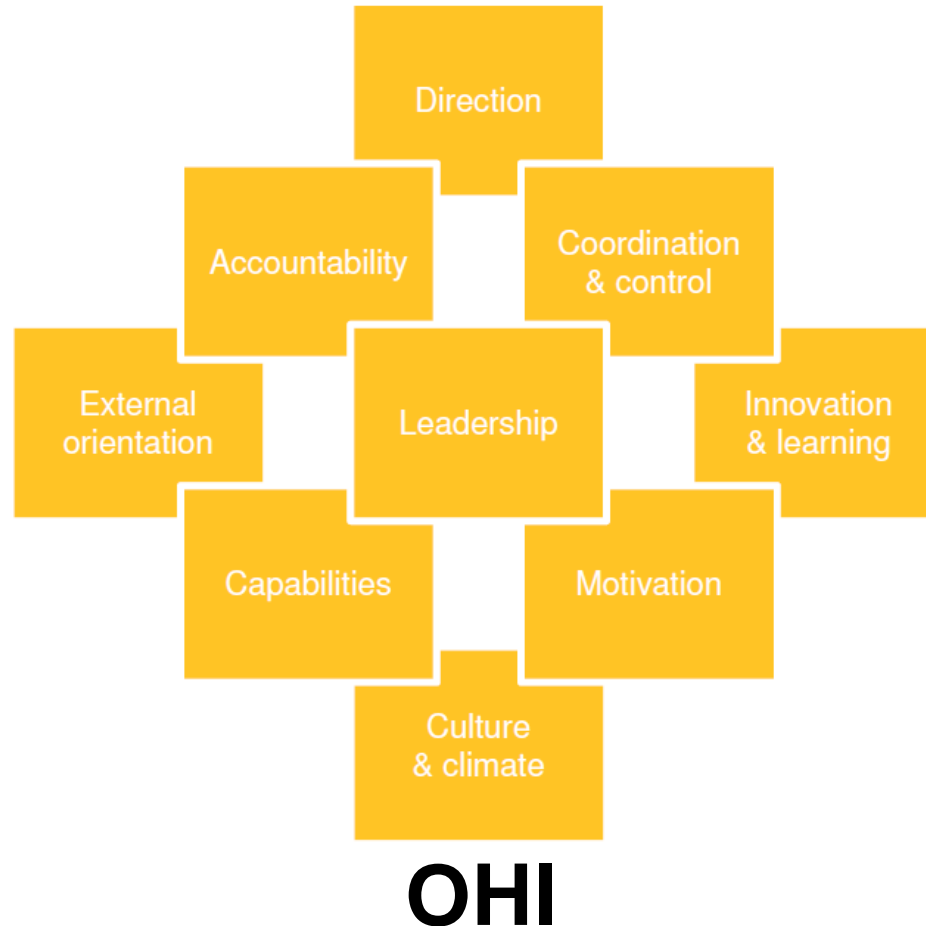
Coaching for Success

- 'Hero' Leaders to 'Host' Leaders (Margret Wheatly and Debbie Frieze – Resurgence Magazine)
- Strengthening Coaching skills in the organization



Accountability at all levels

Using broader tools to assess Individual and Organizational Health



The logo features a green, curved shape resembling a leaf or a drop above the word "Cargill". The word "Cargill" is written in a bold, italicized, black sans-serif font. A registered trademark symbol (®) is located at the top right of the word.

Cargill®