

Are we walking the talk?

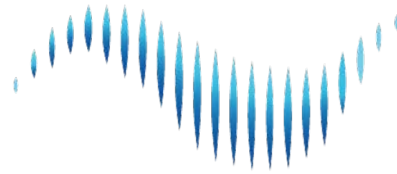
Leading in the Health & Wellbeing Industry 2023



Thank You to Our Research Collaborators!



GLOBAL WELLNESS
INSTITUTE™

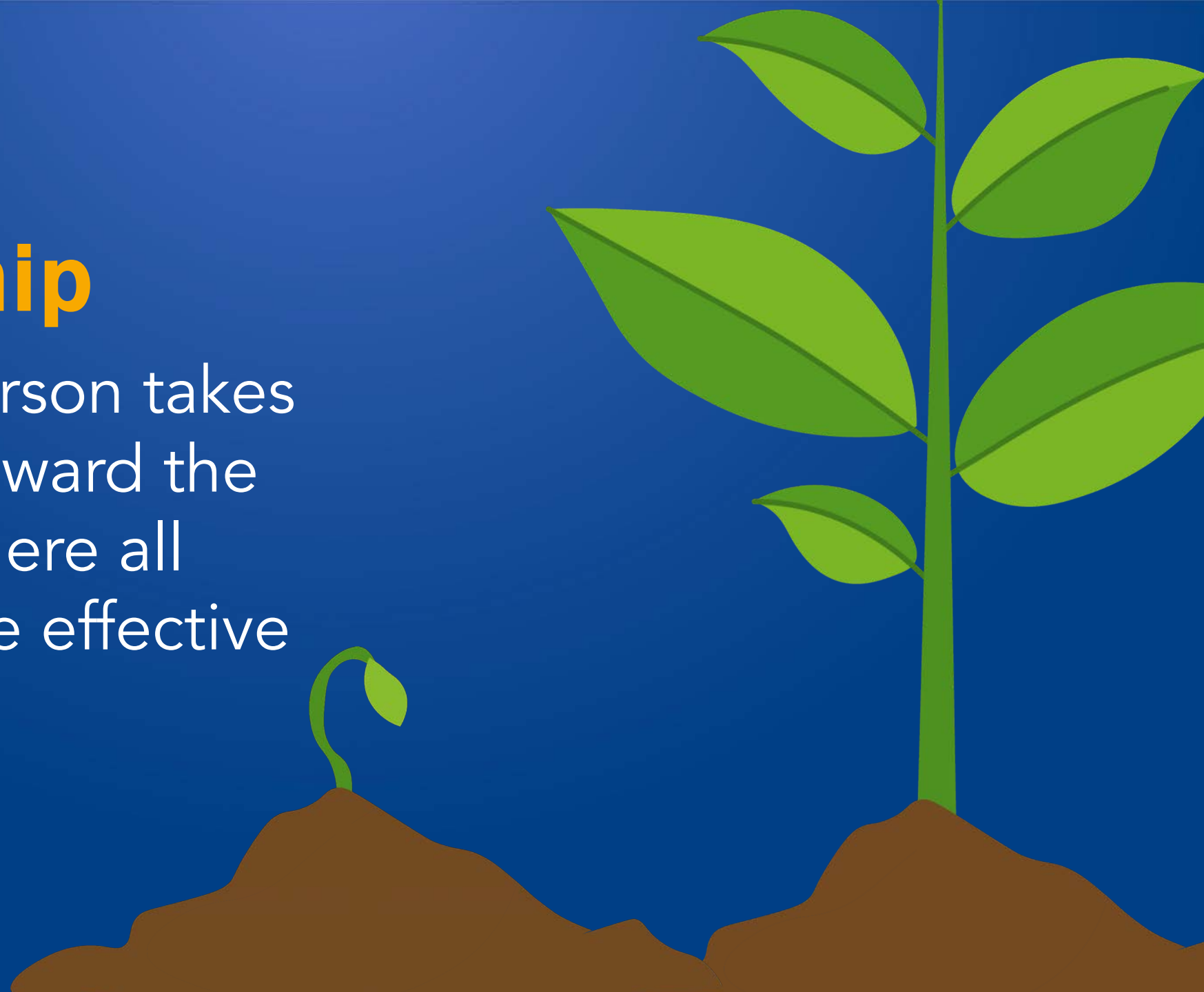


JOHN W. BRICK
MENTAL HEALTH FOUNDATION

spa business

Leadership

A stance a person takes to actively steward the conditions where all people can be effective and thrive.



Psychological Wellbeing

Provides a window into a leader's perceived internal resourcefulness to meet their lifework demands with a high quality of life, competence, and growth.

Wellbeing Leadership

Leadership Impact

Sheds light on the leaders' reported ability to amplify thriving for people at work.

Experience of the Organization

Everyday Stressors

Study Questions



- 1) As leaders of health and wellbeing industries, **are we thriving personally?**
- 2) Are we advancing wellbeing **through how we lead?**

841 Leaders
Impacting
19 Million
People

GLOBAL WELLNESS
ECONOMY



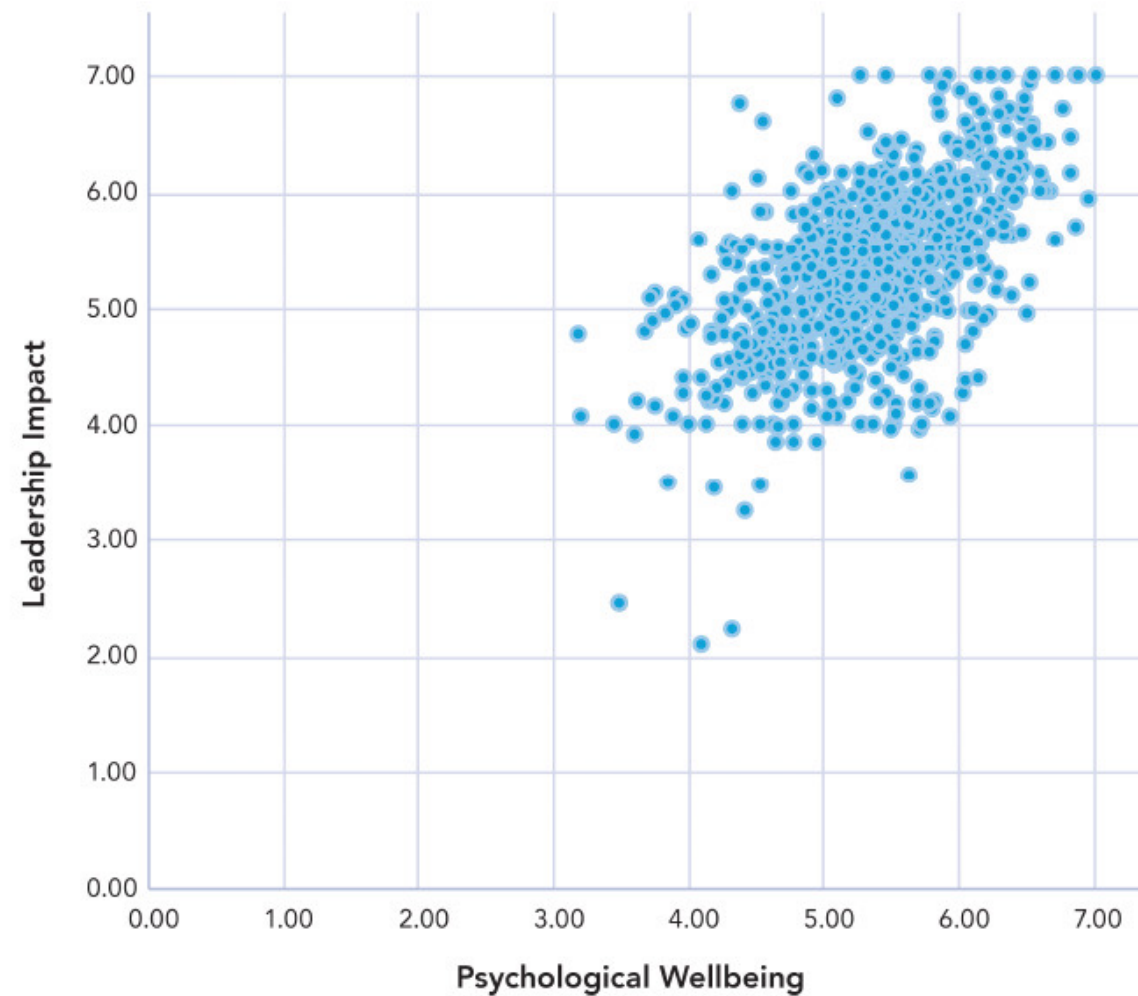
HEALTHCARE



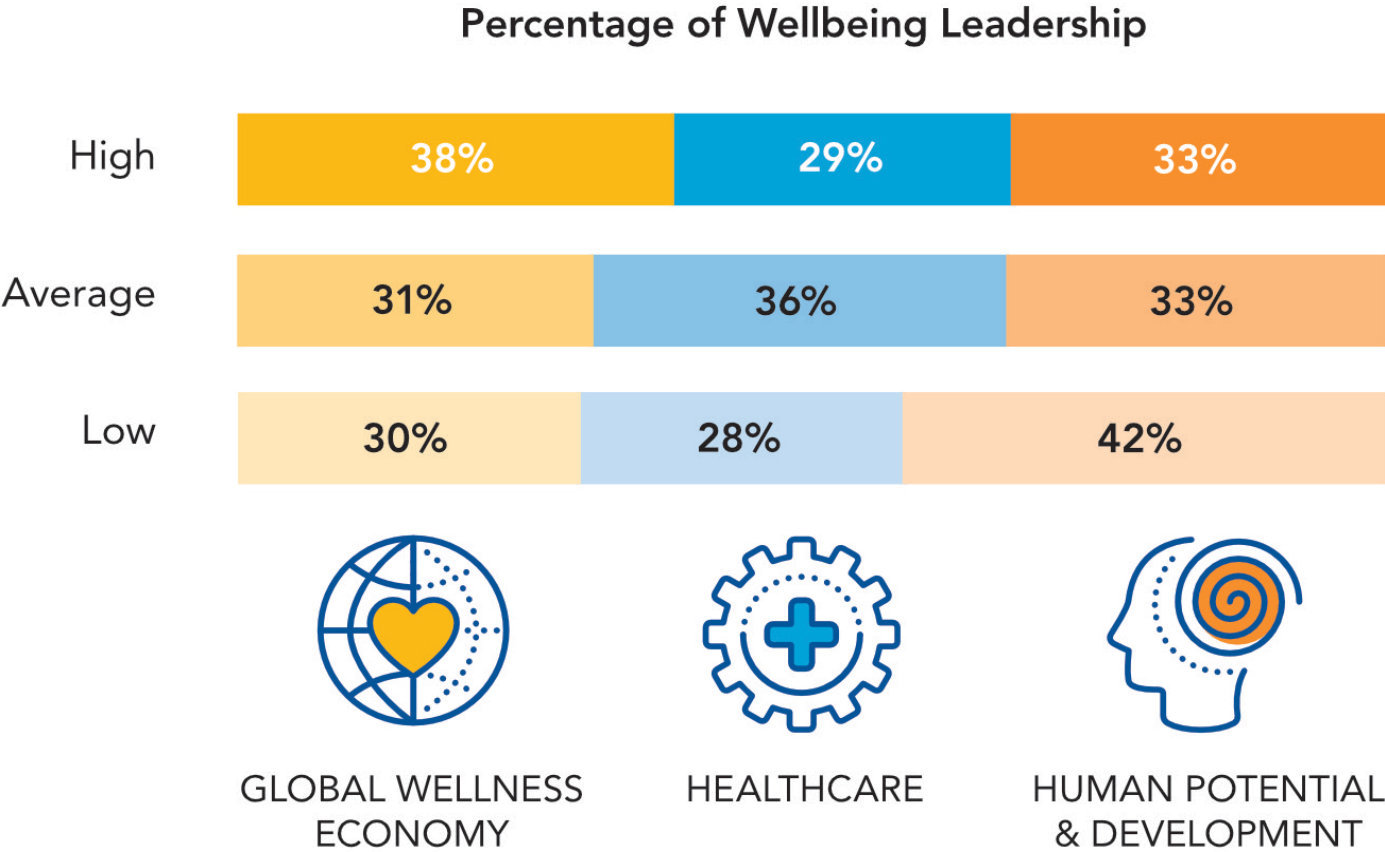
HUMAN POTENTIAL
& DEVELOPMENT



Finding 1: Higher Leader Wellbeing Links to Higher Leadership Impact



Finding 2: Leaders Across the Industry Show Potential for Growth

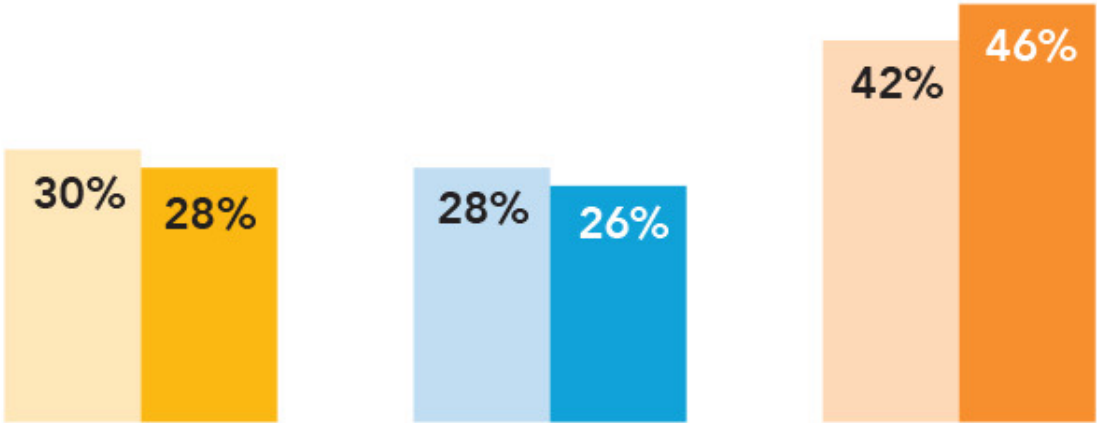


Finding 3: Human Potential & Development Leaders Report Lowest Wellbeing Leadership and Highest Stress

LOW Wellbeing Leadership



HIGH STRESS



GLOBAL WELLNESS
ECONOMY



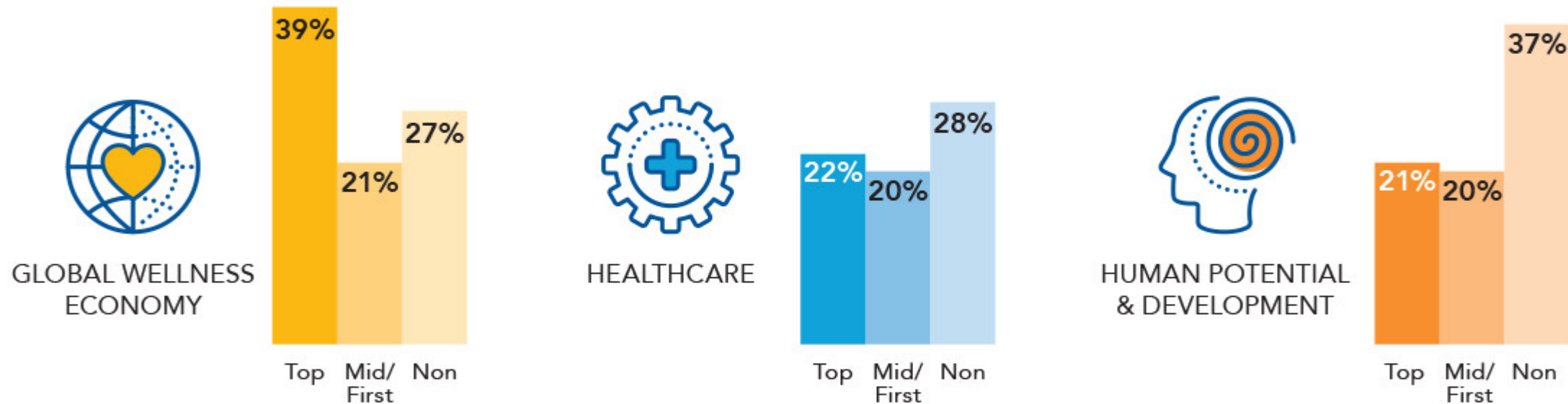
HEALTHCARE



HUMAN POTENTIAL
& DEVELOPMENT

Finding 4: Middle- and First-Line Managers Show Need for Support

Percentage of High Wellbeing Leadership

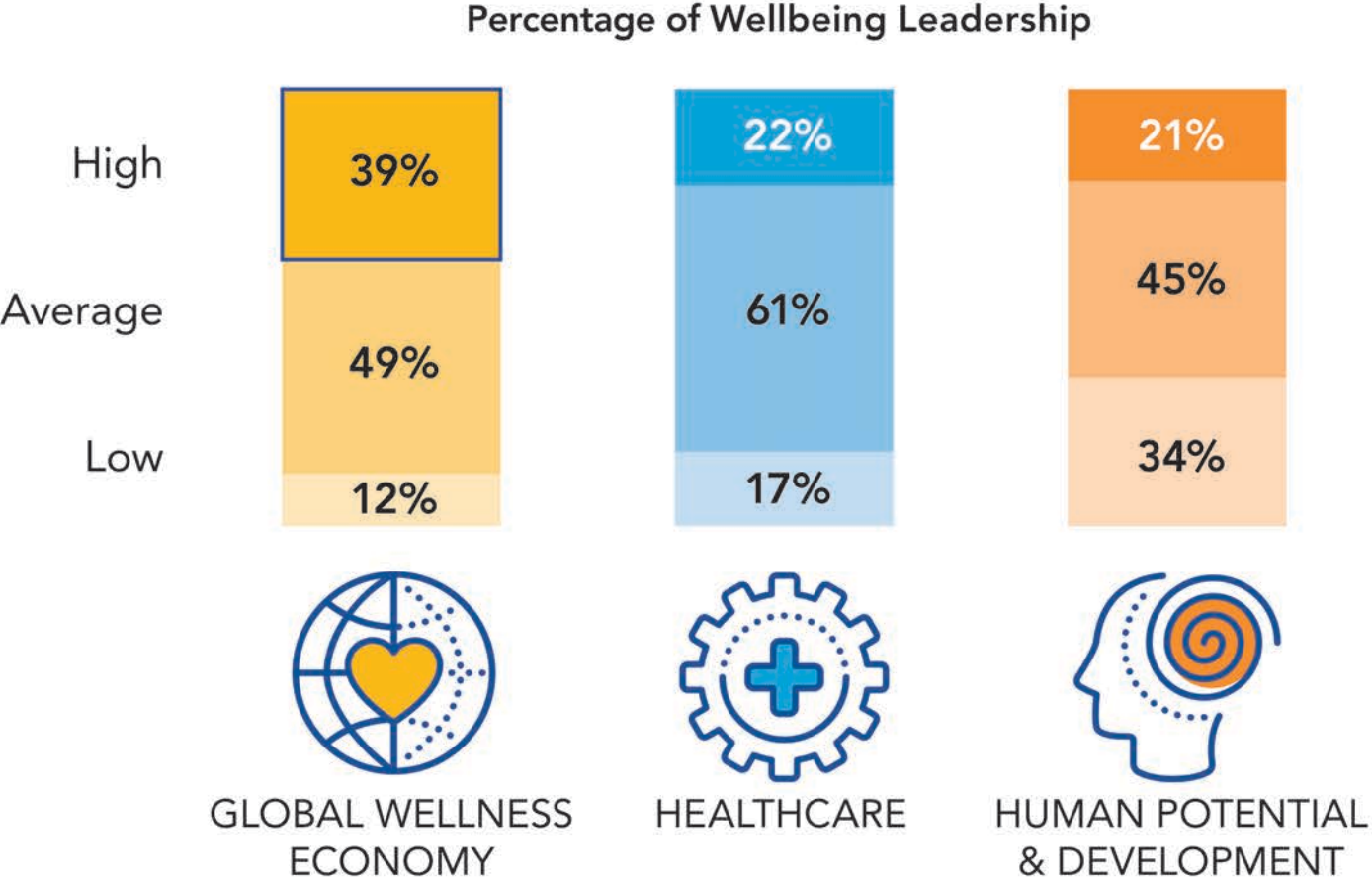


Top = Top Management

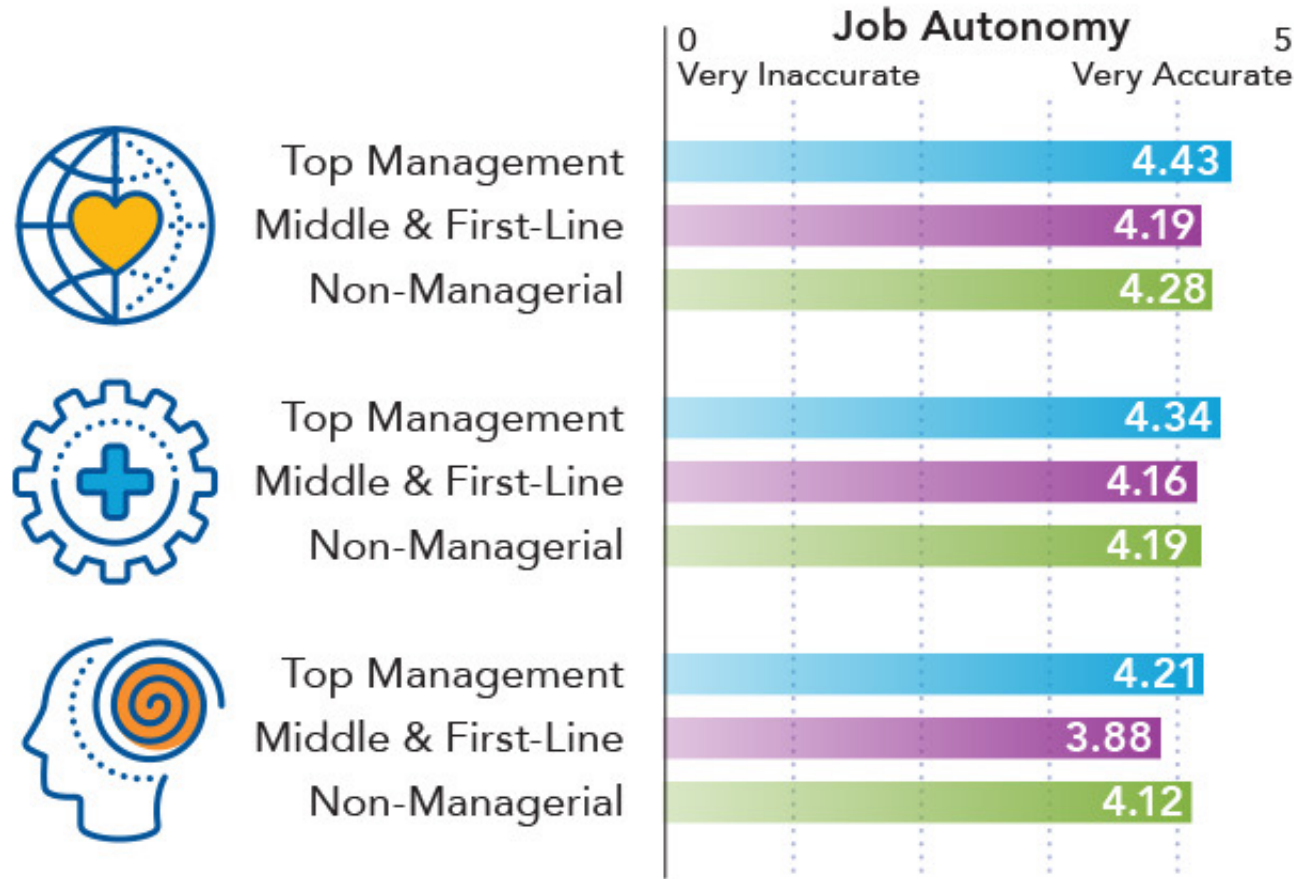
Mid/First = Middle & First-Line Management

Non = Non-Managerial Role, Freelance, or Self-Employed

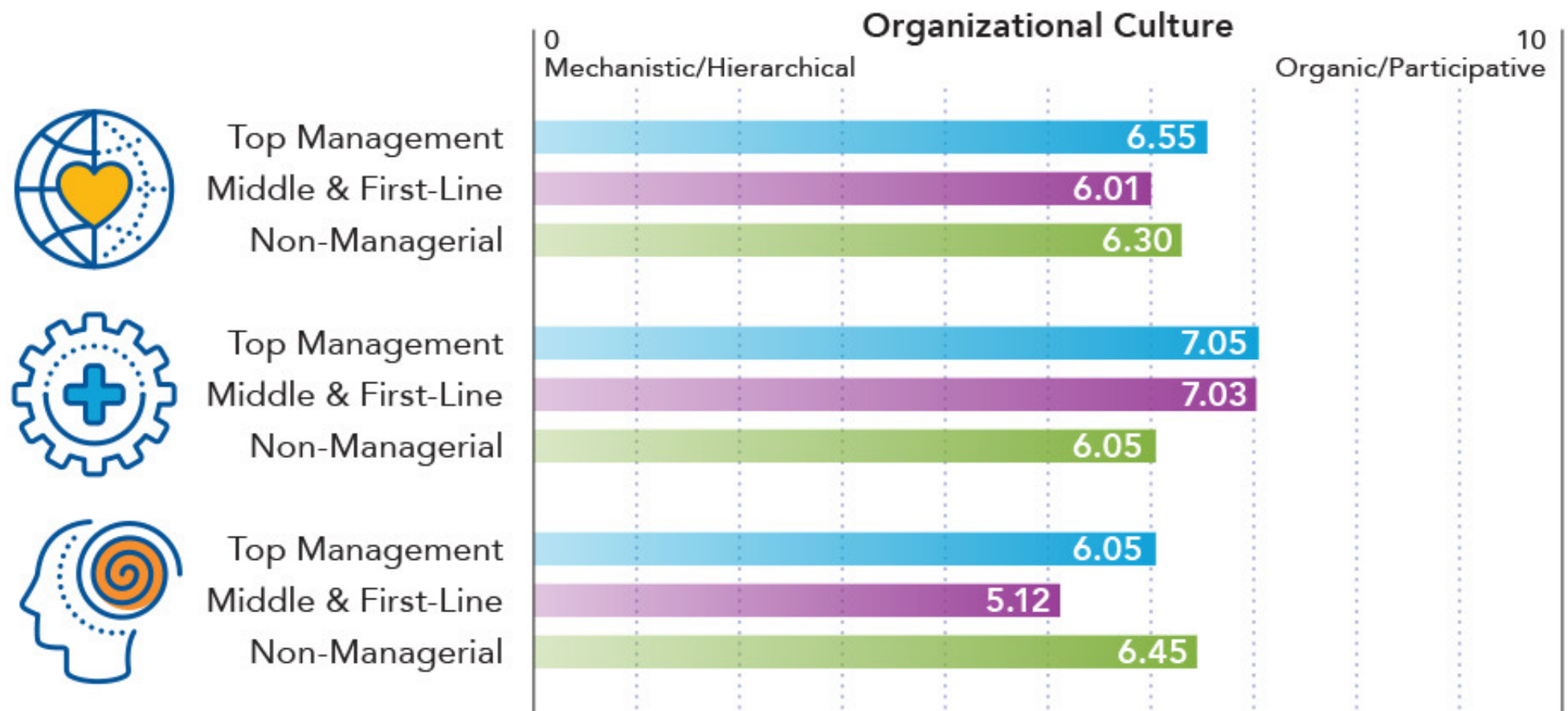
Finding 5: Wellbeing Leadership for Top Management Depends on Industry Sector



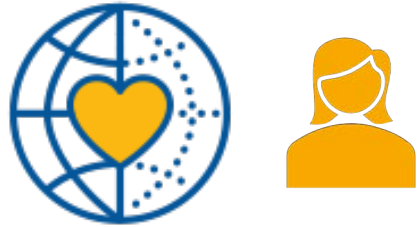
Finding 6: The Experience of Work Differs Across Level of Leader



Finding 6: The Experience of Work Differs Across Level of Leader



Finding 7: Wellbeing Leadership Varies for Gender Identity



FEMALES IN GLOBAL WELLNESS ECONOMY

- Appreciation & Awe
- Breathing as Fuel
- Eating as Fuel



FEMALES IN HEALTHCARE

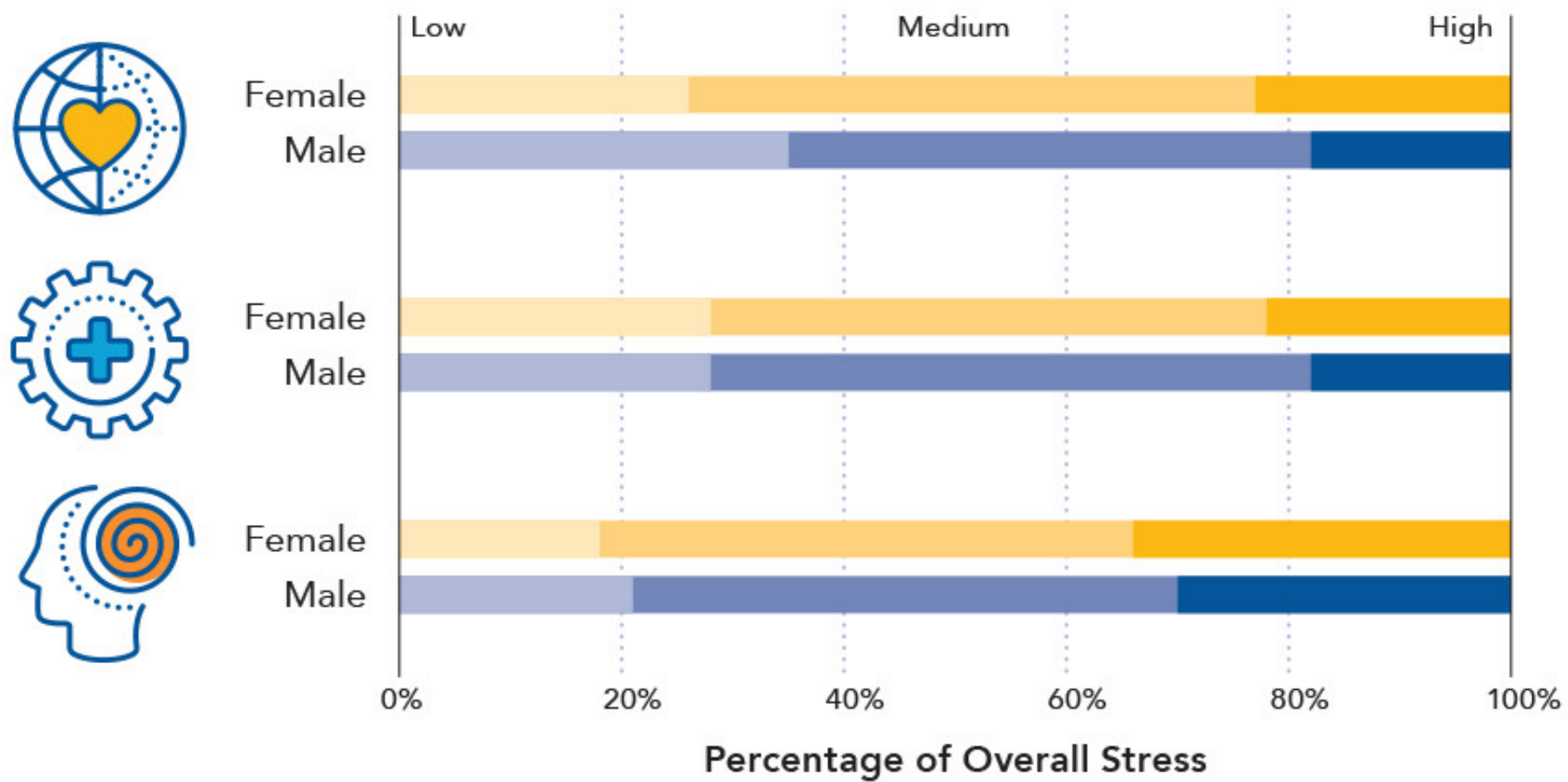
- Appreciation & Awe
- Breathing as Fuel
- Mindfulness



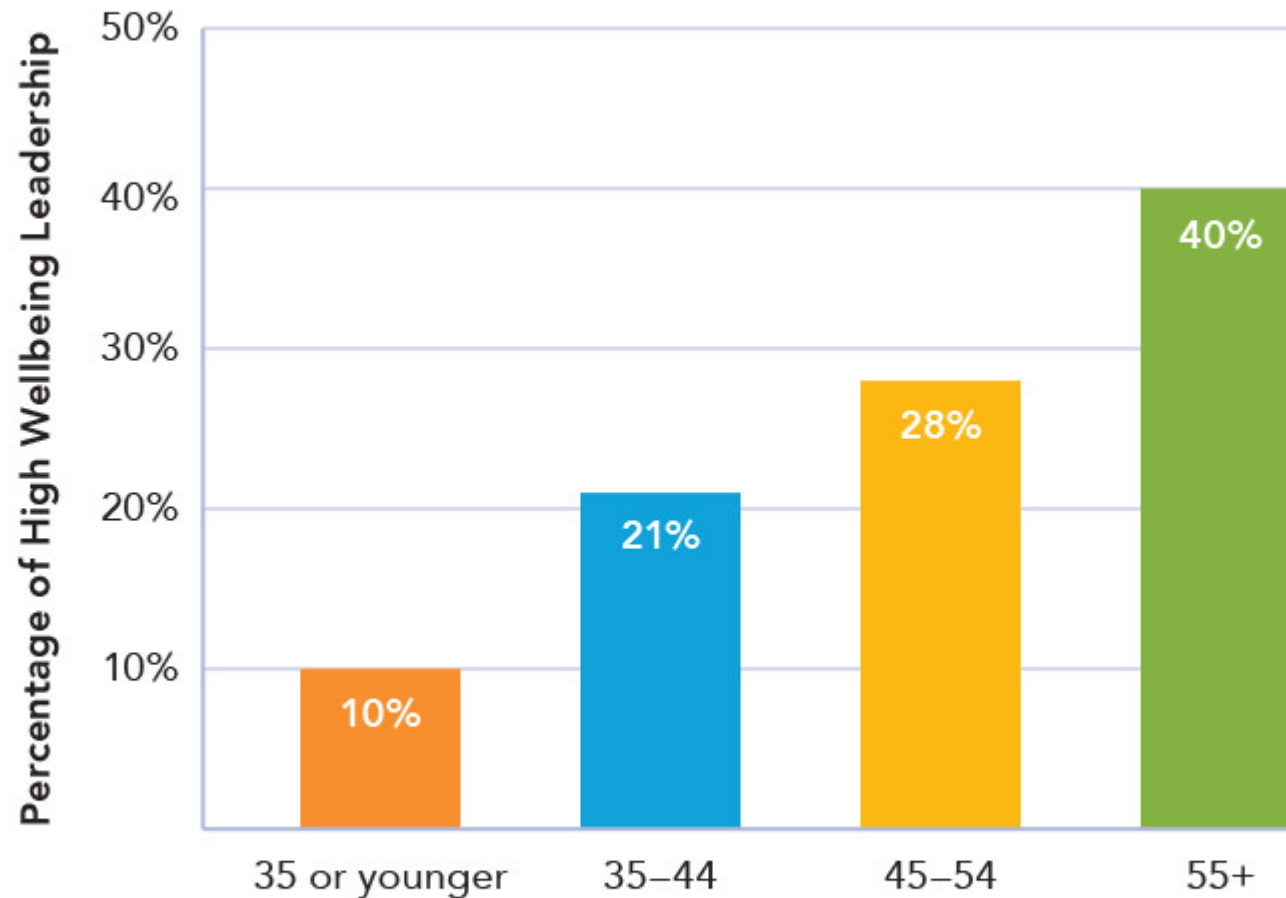
MALES IN HUMAN POTENTIAL & DEVELOPMENT

- Emotional Capacity
- Resilience
- Seeking New Perspectives
- Today & Tomorrow

Finding 8: Female Leaders Show Slightly Higher Stress than Male Leaders



Finding 9: Higher Wellbeing Leadership is Linked with Age



What Can You Do?



GET HONEST WITH YOURSELF



SHARE THIS WITH SOMEONE



BRING WELLBEING TO YOUR
ORGANIZATION

We cannot control what happens in the global environment. Yet how we respond—how we lead our organizations, our teams, our lives and this industry—largely depends on us.

Why not lead from a foundation of wellbeing?



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