

# THRIVING IN DISRUPTION:

6 pathways to future-proof  
your coaching practice





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# Our **BANI** World

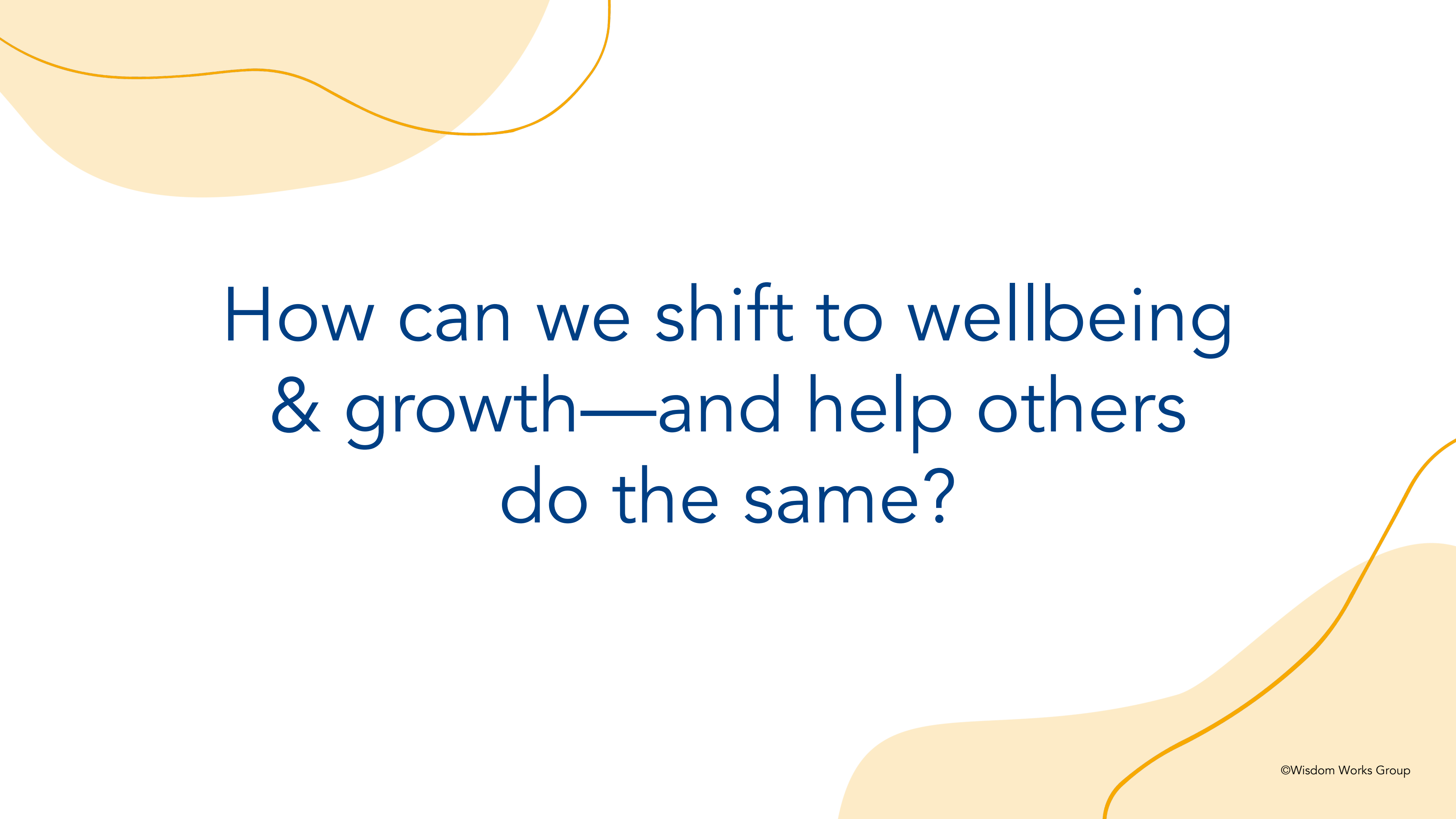
**B**rittle

**A**nxious

**N**on-linear

**I**ncomprehensible





How can we shift to wellbeing  
& growth—and help others  
do the same?

***“Collectively, the world is more stressed, worried, sad and in pain today than we've ever seen it.”—Gallup***

**75%** of people globally die of diseases which are largely preventable.

**44%** of global workers say the workplace causes them too much stress.

**50%** of the global workforce would accept a 20% pay cut in favor of prioritizing their quality of life.

**70%** of organizational changes fail due to lack of leadership support and employee buy-in, with only 15% of employees confident their leaders can manage change and disruption in the future.

**\$322b** of turnover and lost productivity cost globally due to employee burnout.





60% of workers are  
reassessing what's  
important

Ford Trends Report 2024



The global wellness  
economy is at \$6.5  
billion—and growing

Global Wellness Institute 2024

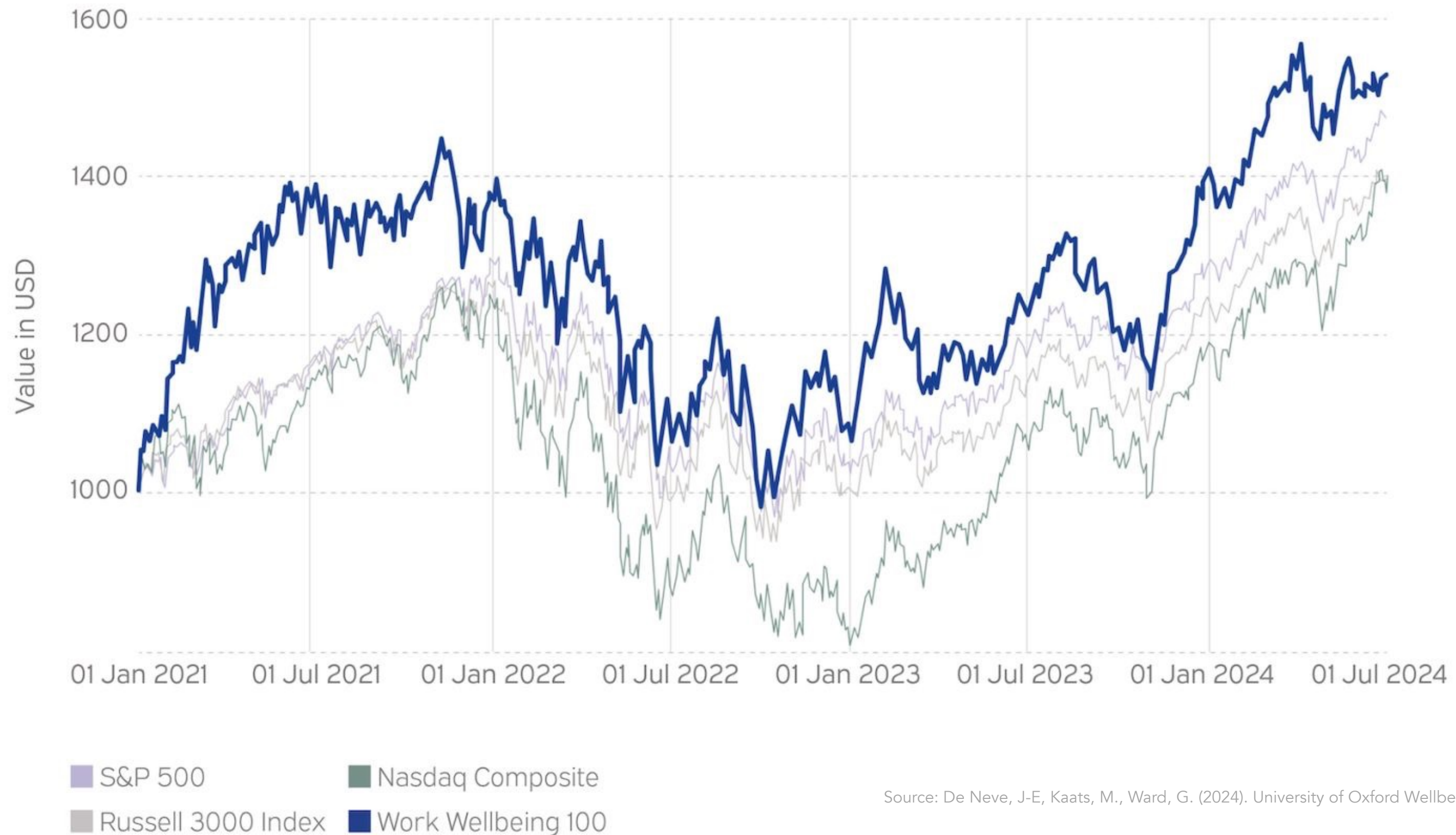


Wellbeing indexes  
are emerging across  
the globe

Wisdom Works Group 2024



# WELLBEING AT WORK & FIRM PERFORMANCE



Source: De Neve, J-E, Kaats, M., Ward, G. (2024). University of Oxford Wellbeing Research Centre.



# THRIVING

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being internally well-resourced to meet the demands of our life and work with vitality, competence, and sustainable growth.



# Why Thriving?

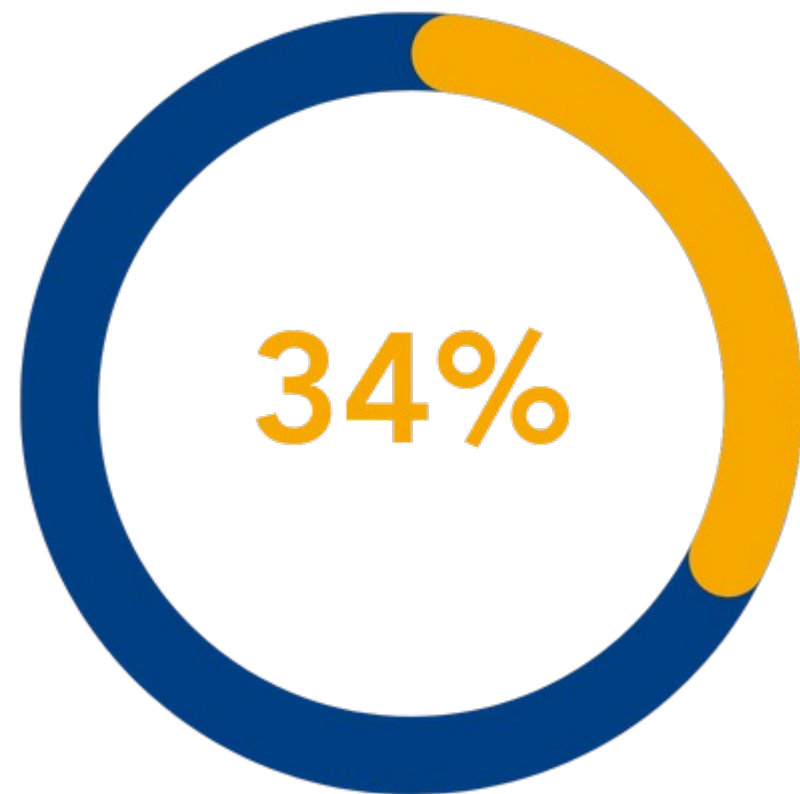
## Research shows thriving...

- Enhances adaptability & learning
- Boosts cognitive agility & performance
- Fosters prosocial mindsets & behaviors
- Improves employee attraction & retention
- Cultivates vibrant work cultures
- Builds customer trust & loyalty
- Drives profitability and stock performance
- Increases responsibility for people & planet
- Fosters the conditions for transformation






# Higher Leader Wellbeing Links to Higher Impact



of a leader's reported impact can be explained by the leader's wellbeing—their experience of being internally well-resourced for their demands.



When you **thrive**, you have  
greater energy, clarity, and wisdom to enhance  
your personal wellbeing and growth,  
leadership effectiveness, and positive impact.



What mindsets & practices  
enable me to thrive in our  
disruptive world?



# Factors of Thriving at Work

Breathing

Mindfulness

Engagement  
at Work

Resting

Moving

Vision &  
Purpose

Self-esteem  
at Work

Optimism

Flourishing

Eating

Emotional  
Capacity

Wholeness

Maximizing  
Others

Resilience

Seeking New  
Perspectives

Learning &  
Growing

Appreciation  
& Awe

Energizing  
Others

Cultivating  
Care

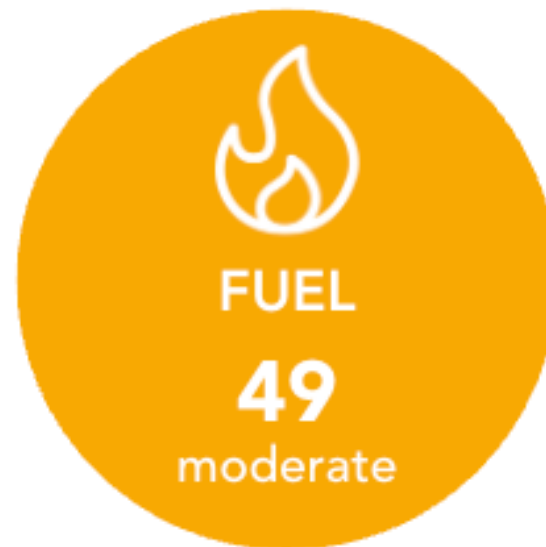
# 6 Pathways in Our Framework of Thriving™



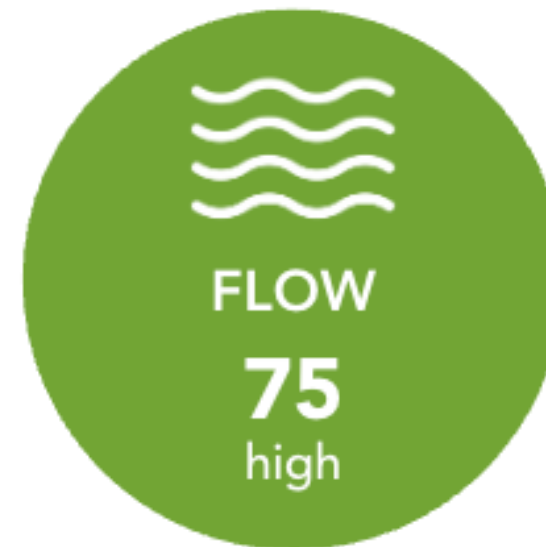




Today & Tomorrow 63  
Flourishing 92  
Resilience 87



Eating as Fuel 46  
Moving as Fuel 76  
Resting as Fuel 65  
Breathing as Fuel 13



Engagement at Work 65  
Sel-Esteem at Work 43  
Mindfulness 90



Appreciation & Awe 56  
Seeking New Perspectives 79  
Learning & Growing 94



Vision & Purpose 92  
Wholeness 59  
Emotional Capacity 13



Energizing Others 7  
Maximizing Others 46  
Cultivating Care in Others 17

# Thriving Capacity Dashboard

# Thank you!

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