

FUTURE OF WORK LEADERS FORUM

Getting unstuck in the Digital Era and Digital
Wellness

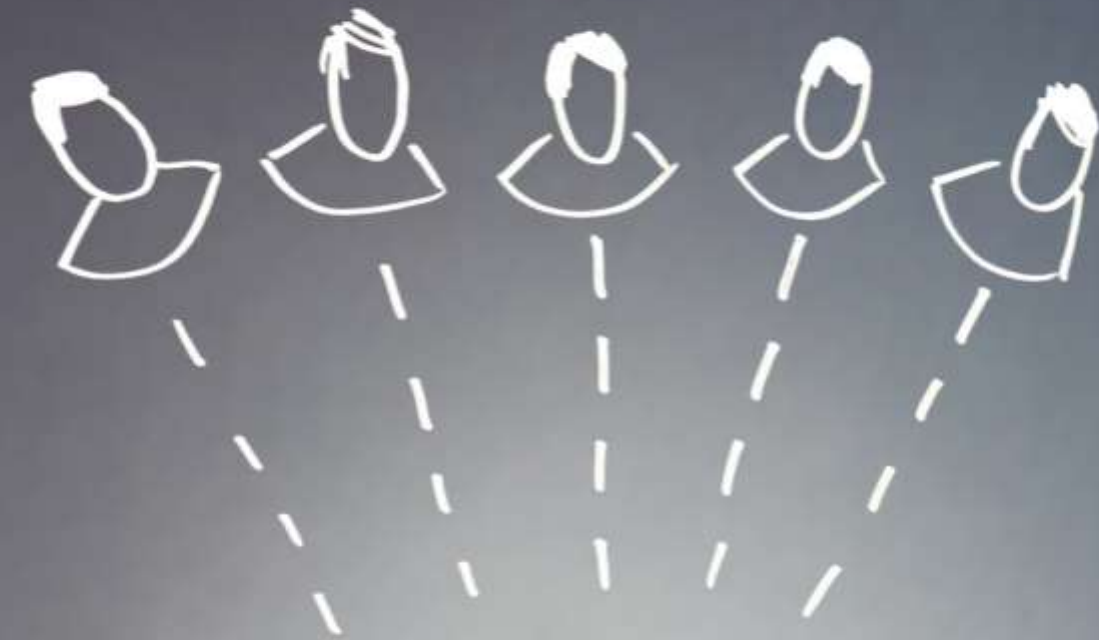
With Amy Blankson

22 April 2024



Today's Agenda

1. Welcome & Introduction
2. Getting unstuck in the Digital Era and Digital Wellness - Amy Blankson
3. Q&A
4. Close & After Hours



WorkMatters Future of Work Forum & Portal

WorkMatters

THE FUTURE OF WORK LEADERS FORUM

WHO?
HR leaders, Future of Work leaders, senior practitioners and international experts

FORUM BENEFITS:

- Thought leadership on latest strategies to help you navigate the changing world of work
- Peer to peer coaching and learning community
- Experts insights from across multiple industries
- Connecting you with a professional network of Senior HR leaders
- Co-create solutions for flexible working and new work models

Services & Resources

LEARNING EVENTS & COACHING CALLS

- Future of Work Leaders' Network Calls
 - Interactive discussions, breakout sessions, pulse polling
- Future of Work Coaching Calls
 - Deep-dive into Future of Work challenges faced by members
- Lunch & Learn sessions
 - Emerging and strategic topics with international experts

KNOWLEDGE SHARING PLATFORM

- Library of shared material and one-to-one share & chat facility
- Access to specialist professionals
- Core themes with agenda shaped by Forum members

FUTURE OF WORK TOOLS & RESOURCES

- Exclusive access to WorkMatters material, tools & resources
- Access to international partners and subject matter experts
- Relevant and up-to-date information to share with your colleagues

HYBRID / SMART WORKING, AGILITY TOOLS & TRAINING MATERIALS

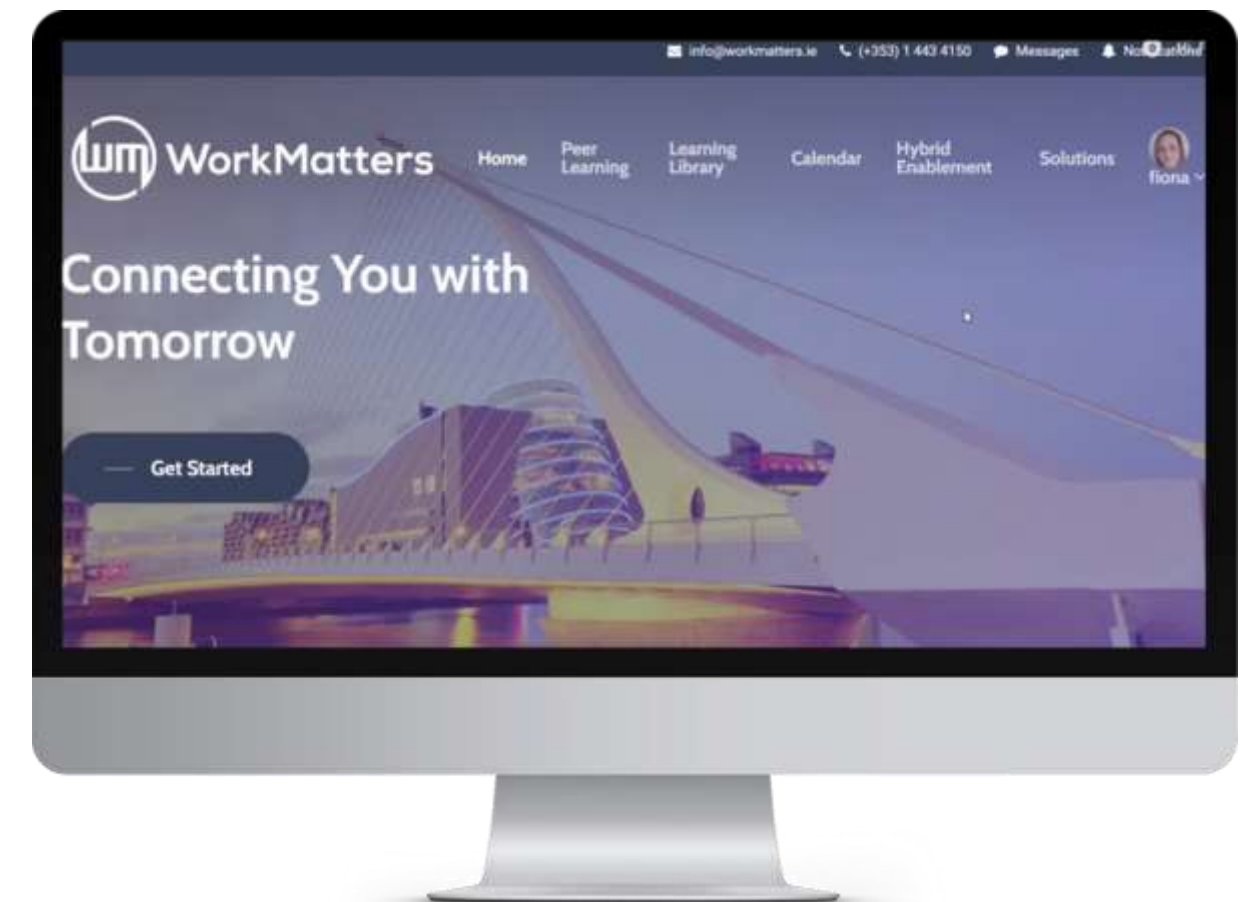
- Access to Agility training material and tools for you and your teams
- Practical resources to enable organizational, team, and individual agility

Info@workmatters.ie

“a unique, knowledge sharing and learning community, designed to enable Future of Work leaders and senior HR professionals shape the Future of Work, *together*”

Future of Work Leaders Forum – Key elements & events

- Member + Guests **Masterclasses**– knowledge leadership on “next practice” and Future of Work themes impacting the next phase of work
- Member’s **Network** calls – discussions, polls & up to-date knowledge sharing
- Member’s **Case Study** sessions – member stories on real life practices and ways of working
- Online **Portal** for FoW materials, recordings, tools, calendar & member collaboration





Future of Work Leaders Forum: Next Events

14 & 15 May 2024	The HR Congress World Summit	In Person, Alfundega Congress Center, Porto	Future of Work Members (Discounted tickets)
21 May 2024	The Future of Work Unplugged - Practical Solutions for AI in HR and for the changing world of work	In Person, LinkedIn Offices, Dublin (sponsored by Brightwater.ie)	Future of Work Members
6 June 2024	Member Case Study Call TBC	Online, Zoom	Future of Work Members

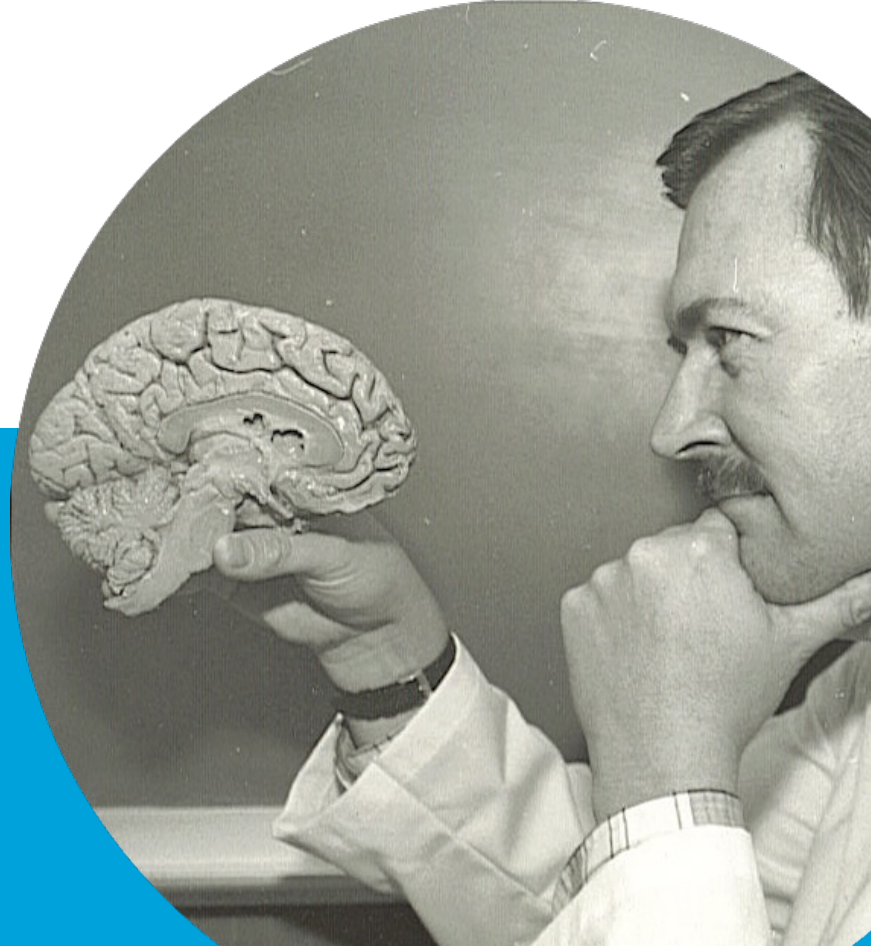
- In person Event with **Josh Bersin – July**, exact date TBC
- For more information and the full 2024 programme of events contact Fiona.Farrell@workmatters.ie

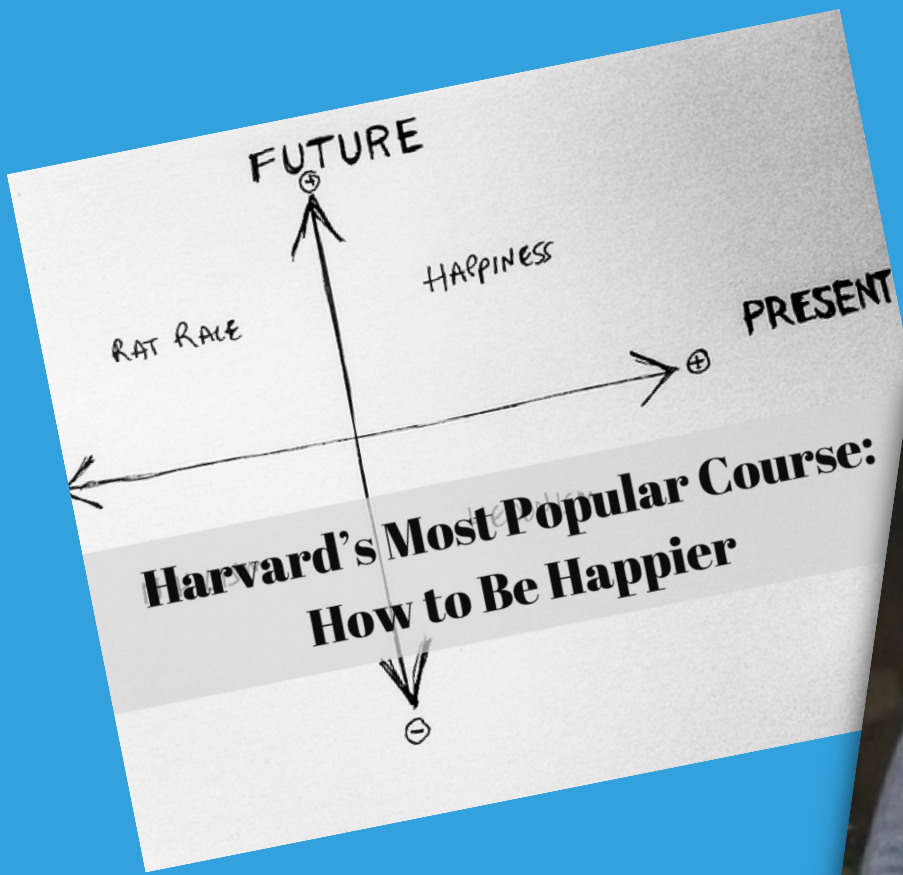
GETTING UNSTUCK IN THE DIGITAL ERA



WorkMatters Masterclass – April 2024

WHAT WE KNOW ABOUT HAPPINESS





A positive mindset is the single greatest advantage in the modern economy.



37%

GREATER SALES

6x

MORE CREATIVE

31%

MORE PRODUCTIVE

40%

MORE LIKELY TO RECEIVE A PROMOTION

23%

FEWER FATIGUE SYMPTOMS

10X

MORE ENGAGED

39%

MORE LIKELY TO LIVE TO AGE 94

50%

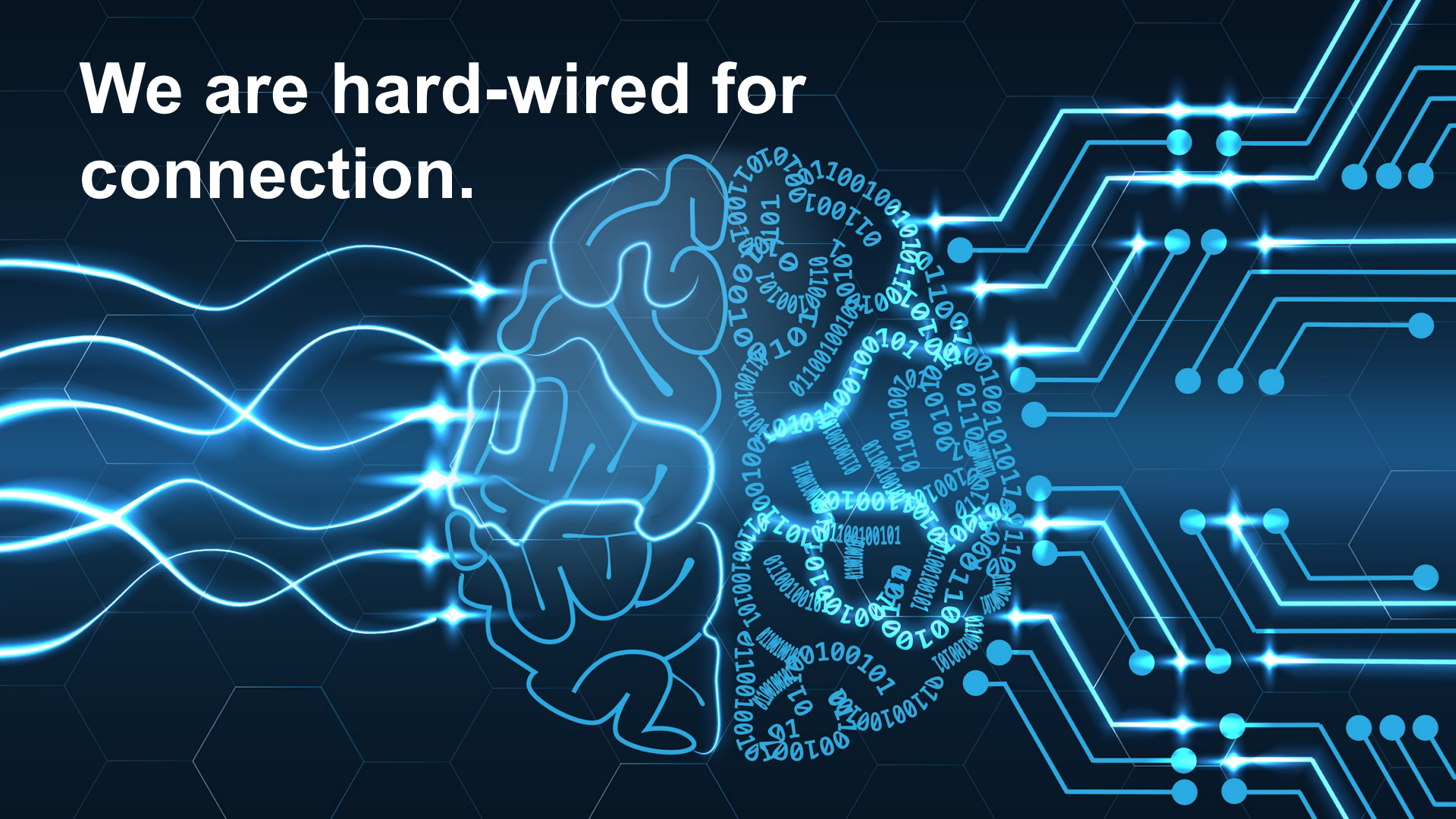
LOWER HEART DISEASE

Achor, S. (2010). *The Happiness Advantage: The seven principles of positive psychology that fuel success and performance at work.*





**We are hard-wired for
connection.**

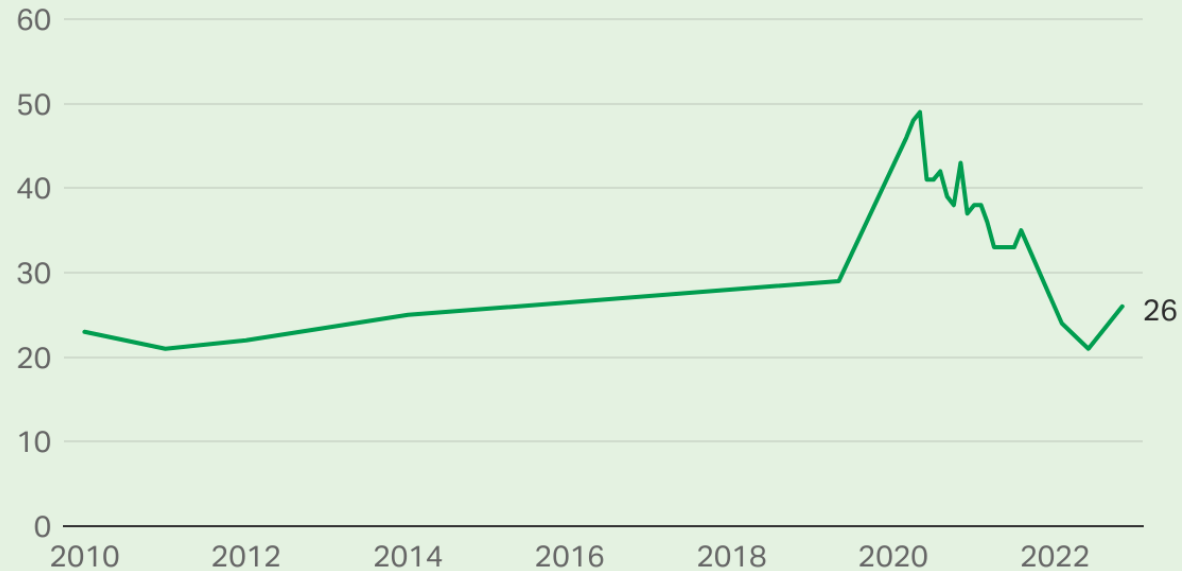


And then came the pandemic...

U.S. Employee Perceptions of Organization Caring About Their Wellbeing

My organization cares about my overall wellbeing.

— % Strongly agree



GALLUP





WHAT IS CHANGING ABOUT HAPPINESS





DIGITAL HABITS

89% of individuals are burned out from digital overwhelm

40% are less productive and making more flawed decisions due to digital distraction

90% conclude that work-related stress has affected their home lives

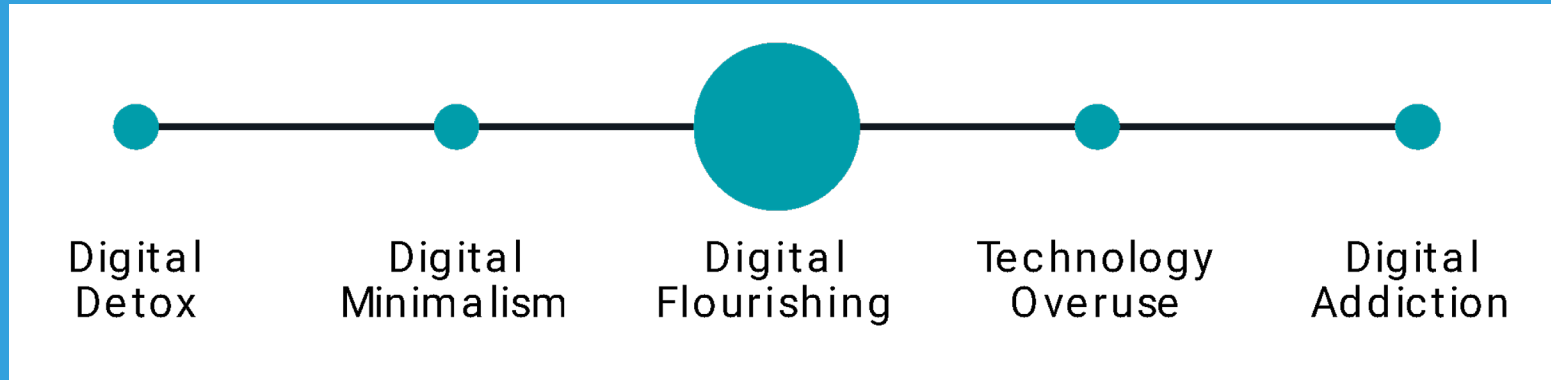


WHAT YOU NEED KNOW ABOUT HAPPINESS IN THE FUTURE

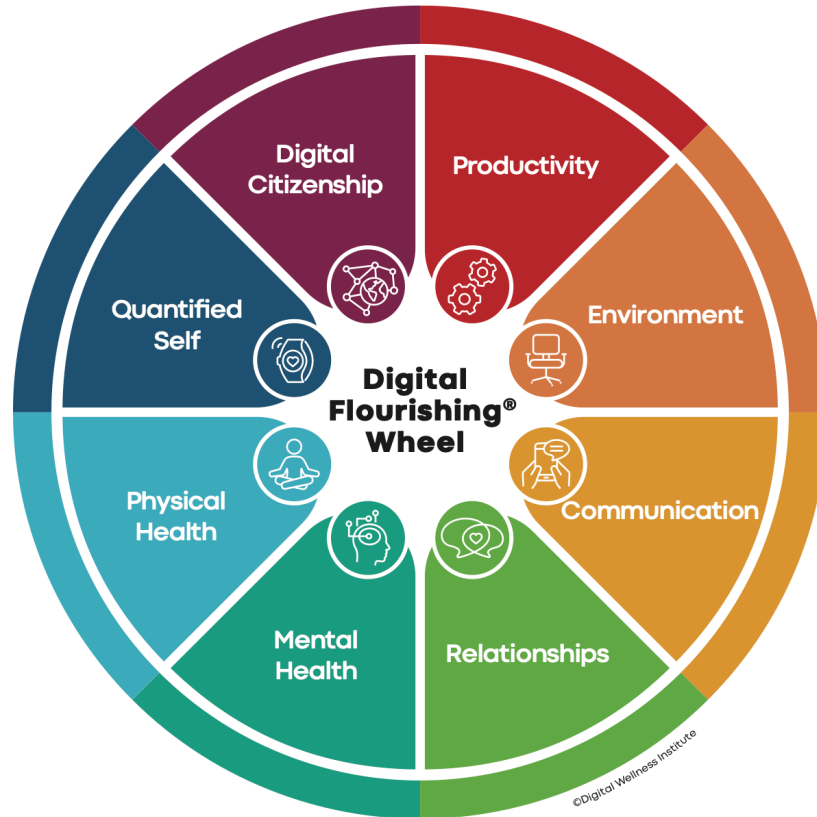
REDEFINING WELLNESS...



RETHINKING BALANCE...



REIMAGINING THRIVING



REVISING METRICS

Workplace Digital Wellness Insights Report

COMPANY CODE:

test12

INSIGHTS CAMPAIGN:

Aug 30, 2022 - Aug 31, 2022

CYCLE:

3

RESULTS OVERVIEW

DIGITAL CULTURE

EMPLOYEE HABITS

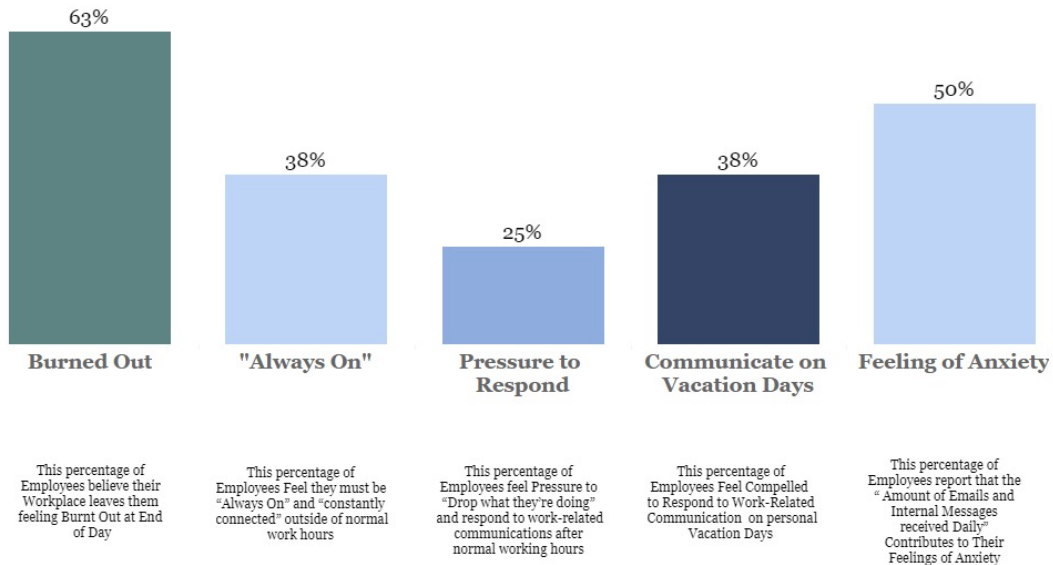
NEEDS ASSESSMENT

NET PROMOTER SCORE



Digital Wellness Institute

Workplace Digital Culture



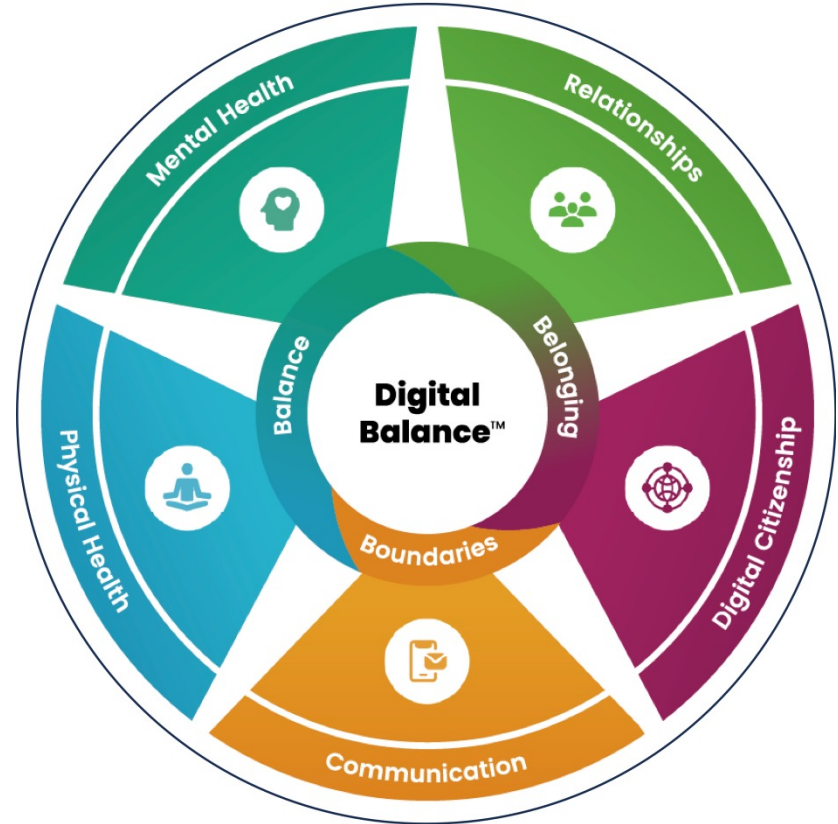
RECONCEPTUALIZING EMPLOYEE RIGHTS



The Missing Metric

Digital Balance™ offers an innovative way of measuring the health, wellbeing, and satisfaction of screen-bound employees in any work modality. Importantly, Digital Balance™ correlates to the business drivers your company cares about most, like:

- Burnout
- Job Stress
- Turnover
- Depression & Anxiety



Incentivizing Change

To help inspire and incentivize change, the Digital Wellness Institute partnered with Fast Company to recognize the world's most "digitally balanced workplaces." These organizations exude a spirit of screen balance, digital belonging, and digital boundaries for their employees.

Technology →

People →



To nominate or apply for recognition, visit <https://www.digitalwellnessinstitute.com/digitally-balanced-workplaces>

What will you do
to shape the future
of happiness?



SMILE	100
JOY	99.991
CONTEMPT	0.00
ANGER	0.00
EXPRESSIVENESS	100.00

THANK YOU!

For more information, visit AmyBlankson.com
or connect with me on LinkedIn below.

