Wellbeing at Work -- And in Life

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What makes work a life-enriching instead of life-depleting experience?
What is wellbeing at work?
Wellbeing = Daily Happiness = Thriving
Daily Happiness

- Work experiences
- Daily life activities
- Life stressors
- Work-life balance
Sustained Positivity: More good days than bad days
1 Meaning and purpose

Thriving
1. Meaning and purpose
2. Pursuit of ideals
1. Meaning and purpose
2. Pursuit of ideals
3. Growth toward excellence
1. Meaning and purpose
2. Pursuit of ideals
3. Growth toward excellence
4. Positive connections
Sustaining wellbeing at work
“Know thyself”
Clarity about core life values and beliefs
Most admired people exercise
The Stages of Wellbeing
- Map your daily wellbeing
- Clarify your values and beliefs
- Create good stages of wellbeing
Our website: wellbeing.nd.edu
Thank You!

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