

# Tip sheet

## Flourishing at work

Sometimes there are things in our workplace that seem out of our current control, which can lead to dissatisfaction and doubt. But taking on a positive mindset can empower us to make the most of our environment and find greater joy in what we do.



### What does it mean to flourish at work?

Workplace culture has a large impact on our wellbeing, and it's important to understand your individual priorities when entering a role.

#### Priorities for workplace happiness can include:

- Meaningful work
- supportive team and manager
- flexibility
- engagement
- work-life balance
- connections with the wider community
- opportunities for growth.

However, flourishing is about more than just enjoying perks or achieving milestones like pay increases and promotions; it's about the little things, too. Most workplaces aren't perfect, and

waiting for them to become so on their own won't help us in the long term. Instead, for employees to flourish it's most important to seek happiness that starts from within.

### How to start flourishing

#### Make personal spaces feel welcoming

Decorating your area can make you feel happier and more excited to be there each day.

#### Build friendships

When we get along well with our colleagues, we have someone to confide in and chat to, helping us feel less isolated.

#### Cheer yourself on

Not every achievement has to be huge. Breaking down tasks into smaller goals helps with motivation. Taking actions because you can rather than you have to breeds inspiration.

#### Hurdles can be benefits in disguise

A challenge doesn't have to be a setback – instead, it can help us to grow by learning new skills that help us down the line.

#### Remember what it's all about

At the end of the day, we all have a reason that drives our work. Maybe you feel like a part of something bigger, maybe you enjoy working with clients or maybe it's all about the lifestyle your work affords. Engage in whatever encourages you and inspires happiness at work.

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