



A SOAR™ to support wellbeing and work life balance

This is designed as a reflective learning tool to support your personal wellbeing and work life balance

Strengths	Opportunities
<p>What do you currently do well that supports your personal well-being?</p> <p>When do you know your wellbeing is flourishing and your work life balance is good? Describe it in detail - even the small things</p> <p>What skills and strengths do you currently bring to support your work life balance and help your wellbeing to flourish? Are there additional ones that could be useful?</p>	<p>Consider what you could learn from other people that can enable your well being to flourish?</p> <p>What tools and techniques could support you?</p> <p>What opportunities are there to help you improve your wellbeing and to successfully manage your work life- balance?</p> <p>How can you maximize and utilize the opportunities available to you?</p>
Aspirations	Resources/Results
<p>What do you need to do more of to support your wellbeing?</p> <p>What do you need to do less of that will support your work life balance?</p> <p>Its two year's time and you are reflecting on your wellbeing journey to this point..... What is different and what have you achieved?</p> <p>What do you need to do differently?</p>	<p>What resources do you need to meet the aspirations and opportunities of your well being journey?</p> <p>Who and What can help you move forward?</p> <p>What is the smallest step you need to do?and the most innovative?</p> <p>How will you know your work life balance and well being is different?</p> <p>How will you celebrate your successful effective work life balance and a flourishing sense of well being?</p>