



Growing what matters:

Quality of Life, Wellbeing and Happiness

Panelists:

Thomas Jelley, Director, Institute for Quality of Life, Sodexo, France/UK

Nancy Hey, Director, What Works Centre for Wellbeing, UK

Nicole Vanderbilt, VP International, Etsy, US/UK

Moderator:

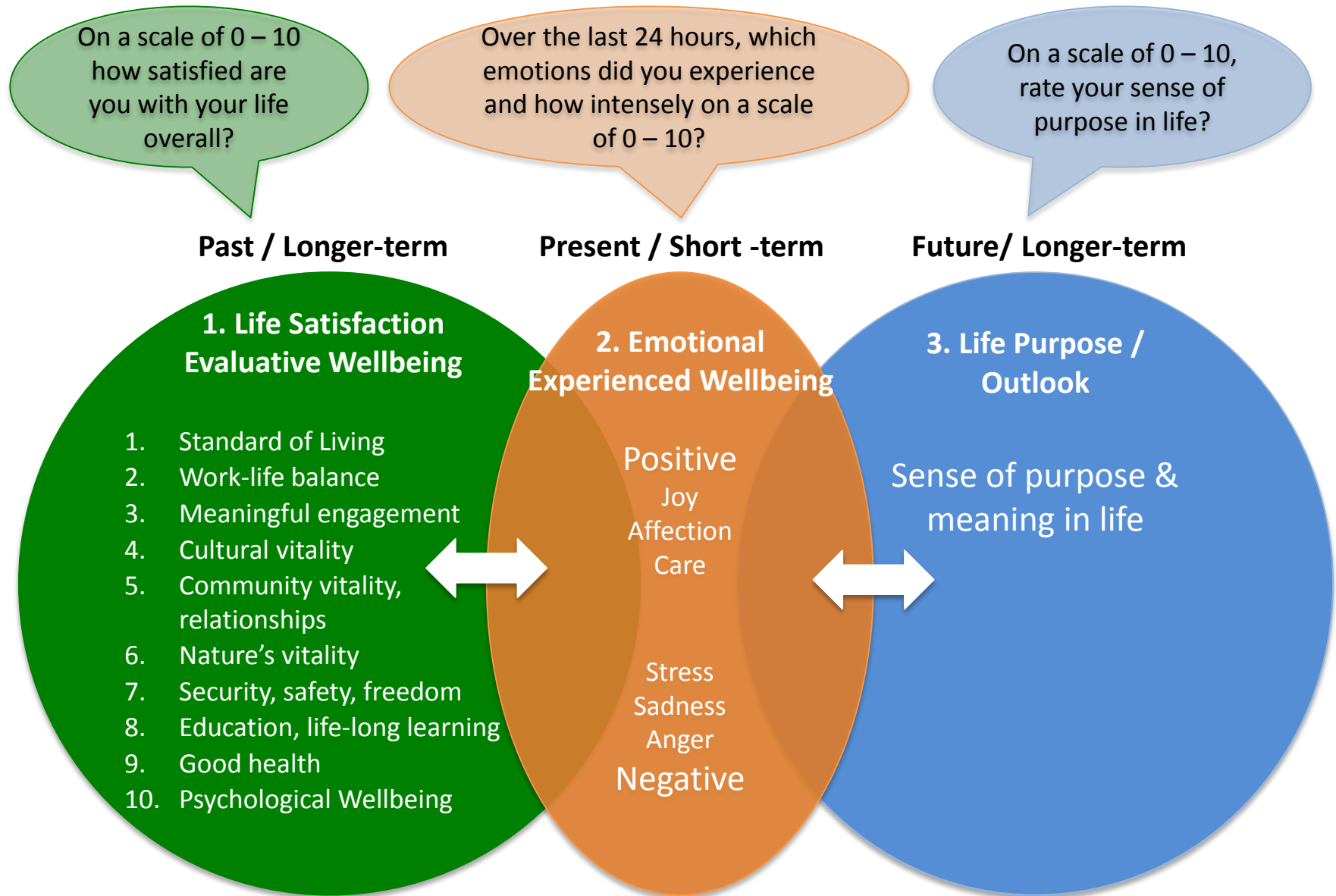
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Things that matter to wellbeing and happiness



Source: Adapted from Sebastian, I. (2015), Doing business in a wellbeing economy, in Reframing the Game, *Building Sustainable Legacies Journal*, Ed. Mike Townsend, Issue 5, Greenleaf Publishing, UK

Different ways of evaluating wellbeing & happiness



Another way of looking at wellbeing & happiness

Societal Wellbeing:

- Political situation, security, freedom
- Economic situation
- Nature's vitality
- Community vitality
- Cultural vitality



Quality of Life:

- Standard of Living
- Good Health
- Work-life balance
- Education
- Meaningful engagement



Emotional wellbeing:

- Psychological Wellbeing
- Sense of purpose in life



What motivates us:

- Achievement
- Anger
- Consumption
- Affiliation
- Power
- Care
- Fear

