Growing what matters: Quality of Life, Wellbeing and Happiness

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Things that matter to wellbeing and happiness

Achievement & Recognition
Economic situation & Standard of living
Meaningful engagement & purpose
Political situation & safety, security, freedom
Cultural vitality & art / creativity
Nature's vitality
Achievement & Recognition
Education & life-long learning
Good health & healthy living
Community vitality & close relationships
Time Use / Work-Life Balance
Psychological wellbeing & personal values

Different ways of evaluating wellbeing & happiness

1. Life Satisfaction
   - Standard of Living
   - Work-life balance
   - Meaningful engagement
   - Cultural vitality
   - Community vitality, relationships
   - Nature’s vitality
   - Security, safety, freedom
   - Education, life-long learning
   - Good health
   - Psychological Wellbeing

2. Emotional Experienced Wellbeing
   - Positive
     - Joy
     - Affection
     - Care
   - Stress
   - Sadness
   - Anger
   - Negative

3. Life Purpose / Outlook
   - Sense of purpose & meaning in life

On a scale of 0 – 10, how satisfied are you with your life overall?

Over the last 24 hours, which emotions did you experience and how intensely on a scale of 0 – 10?

On a scale of 0 – 10, rate your sense of purpose in life?

Societal Wellbeing:
- Political situation, security, freedom
- Economic situation
- Natures vitality
- Community vitality
- Cultural vitality

Quality of Life:
- Standard of Living
- Work-life balance
- Meaningful engagement

Emotional wellbeing:
- Psychological Wellbeing
- Sense of purpose in life

What motivates us:
- Achievement
- Consumption
- Power
- Fear
- Anger
- Affiliation
- Care

Another way of looking at wellbeing & happiness
