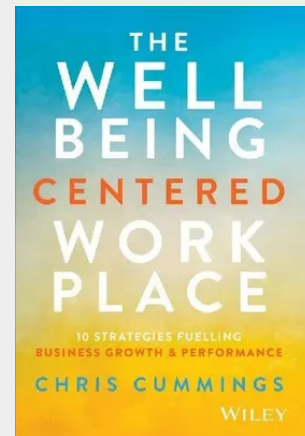


The Wellbeing Centered Workplace

10 Strategies Fuelling Business Growth & Performance

A heartfelt personal journey that unlocks the power of evidence-based wellbeing at work In The Wellbeing-Centered Workplace, Chris Cummings shares a powerful personal and professional journey following his partner's mental health challenges that motivated him to quit his corporate career and start Wellbeing at Work, a global purpose-led business empowering organizations to prioritize employee wellbeing through community engagement, meaningful connections, and expert knowledge sharing. This book offers an honest account of how prioritizing wellbeing—both personal and organizational—became the cornerstone of sustainable growth, stronger leadership, and elevated team performance. Through real-world experiences, strategic insights, and lessons learned, the author reveals how wellbeing is not a soft skill but a strategic advantage that drives innovation, resilience, and results. Readers will also find 10 practical steps that organizations can take forward to create thriving workplaces, with each step supported by case studies from senior business leaders who have found standout success in a particular area. A must-read for leaders, entrepreneurs, and change-makers looking to build purpose-driven organizations where people and profits thrive together. In this book, readers will find discussion on: - The huge benefits of flexibility in courting the global talent pool and how we can engage with wider communities - The unique desires of Millennials and Gen Z and the growing number of people taking career breaks or shifting to new careers in their fifties - How to ensure the human aspect in the workplace while complementing the rapidly developing technological landscape The Wellbeing-Centered Workplace is a practical, thought-provoking read for business leaders and managers to understand and adapt to the new world of work across every level of their organizations.

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