



## RELATIONSHIPS

- 3-4 very close friends
- Social network of happy, well, thriving people
- Relationship characterised by:
  - **Active Constructive Responding (ACR)**, (Gable et al., 2004)  
Responder expresses involvement, excitement or enthusiasm about another's positive event Accomplished by (1) Asking questions seeking additional details about the event (2) Elaborating on the possible implications and benefits of the event for the sharer (3) Commenting on why the event is meaningful to the sharer in particular;
  - **Praise**, (Kamins & Dweck, 1999); Praise that points out a specific strategy, effort, or skill that contributed to a good outcome as opposed to more general praise. Praise demonstrates attention to the accomplishment.
  - **Assertive Communication** - five-step model (1) identifying and working to understand the situation, (2) describing the situation objectively and accurately, (3) expressing concerns, (4) asking the other person for his or her perspective and working toward an acceptable change, and (5) listing benefits to the situation and the relationship when the change is implemented.



## COMMUNITY

- Contribute to a person, group or community by giving time doing kind acts
  - Contribute based on your strengths, interest, mission & passions.

## HEALTH → Nutrition



- National Dietary Guidelines for Australians
- **Physical Activity**
  - 5x45 mins weekly, to the breath test. Ideally in the morning
- **Sleep**
  - 7-8 hrs each night
- **Mindfulness**
  - 20 mins daily



FLOURISH: A VISIONARY NEW UNDERSTANDING OF HAPPINESS AND WELL-BEING  
BY MARTIN E. P. SELIGMAN {2011}



WELLBEING: THE FIVE ESSENTIAL ELEMENTS  
BY TOM RATH, PH.D. JAMES K. HARTER {2010}



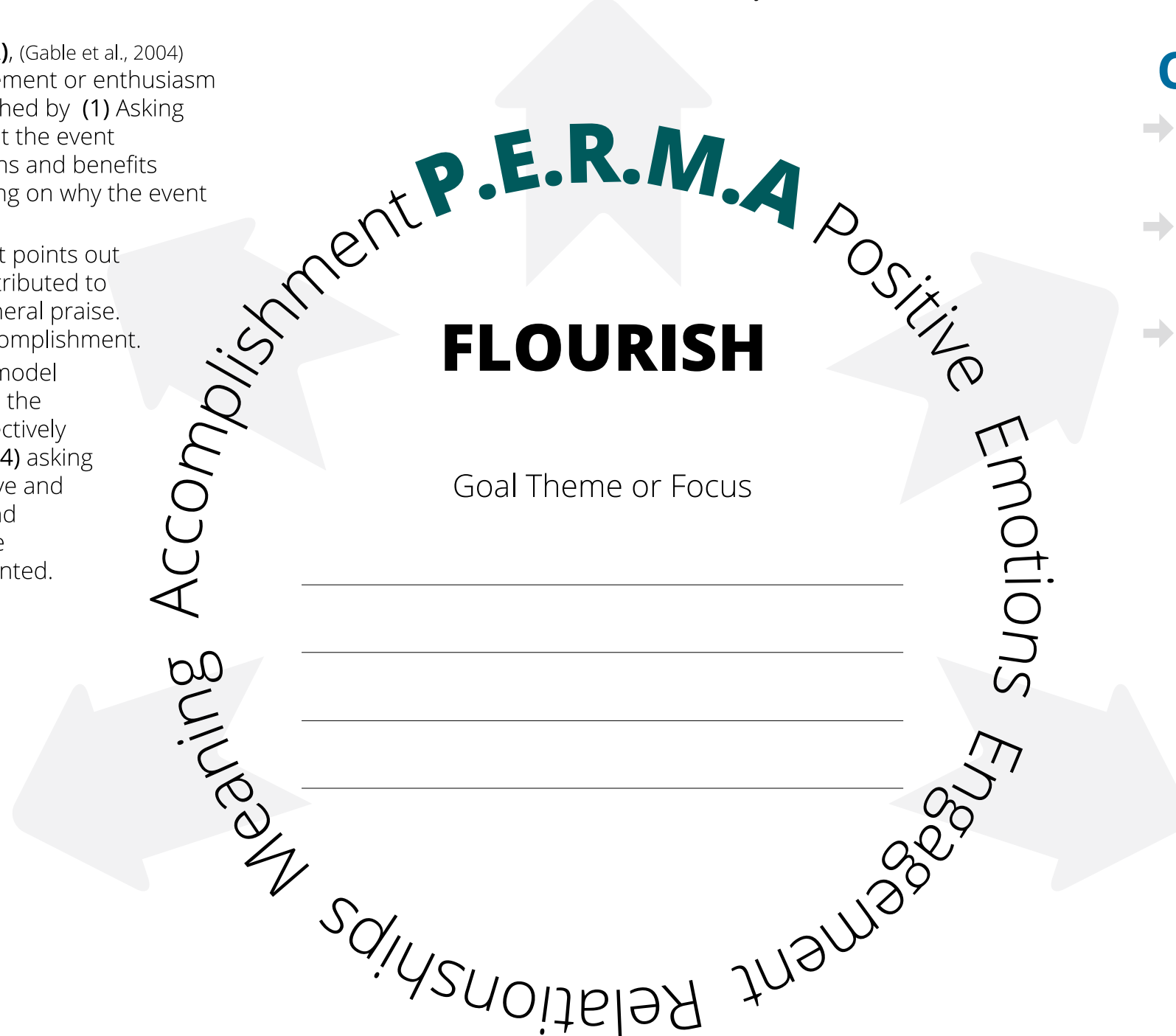
## CAREER

- **Strengths focus**
  - Tools: Values in Action (VIA), Gallup Strengths Finder and Realise-2
- **Connected to values, mission & deep purpose**
  - Positive Org Scholarship
- **Flow** (Csikszentmihalyi, M 2002) A mental state of "being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost."



## FINANCES

- **Security**
- **Basic needs, daily enjoyment & comfort**
  - Buy for others
  - Buy experiences
- **Reserves for long-term financial security**
  - Set default savings



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