

TOP 10 TRENDS: NEXT GENERATION WELLNESS

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10. HABIT FOCUSED

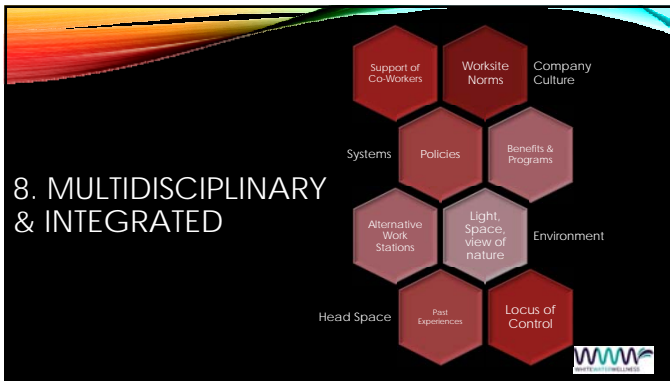


We are what we repeatedly do. Excellence, then, is not an act, but a habit.
- Aristotle



9. HOLISTIC









5. PRODUCTIVITY & PERFORMANCE

vs. Health Costs & Stats

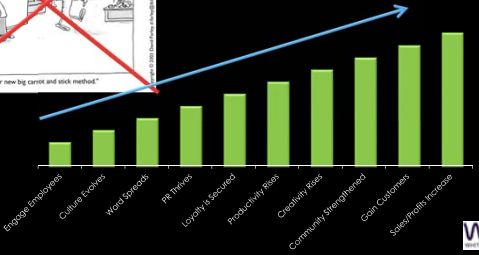



ALL OF THESE WOMEN WEIGH THE SAME




4. BUSINESS STRATEGY

vs. Penalty



Business Strategy Factor	Relative Impact
Engage Employees	Low
Culture Problems	Low-Mid
Ward Forecasts	Mid
Pay Trenches	Mid-High
Legacy Is Sunk	High
Productivity Plans	High
Creativity Plans	High
Community Steering	High
Gain Customers	High
Sales/Profit Increase	Very High






3. MEANINGFUL OUTCOMES

People who exercise for 30 minutes in the morning ...

Are twice as productive in the last 2 hours of the day.

Effectively a 15% increase in productivity for that day!!

Source: Habits at Work BRATLAB research



2. GAMIFICATION



PEOPLE ARE ASKING
“WHY CAN'T THIS BE FUN?”

WWW

1. LOW TECH CONNECTIVITY



WWW

QUESTIONS TO CONSIDER

1. Which of these things makes the most sense to you?
2. What could your workplace do to improve YOUR overall well-being?
3. Which of these trends are you already seeing/implementing as part of your wellness efforts at work?

Habit Focused	Holistic Approach	Multidisciplinary & Integrated
High Tech, BYOD, Connected	All About Me + Culture	Productivity & Performance Focused
Business Strategy	Meaningful Outcomes	Gamification
Low-Tech Connectivity		


WWW

COMING IN THE FUTURE...

Alaska's first conference on
Performance & Productivity at Work
 Tentatively May 2017

WhiteWater Wellness and other partner entities

If you are interested in volunteering, sponsoring, speaking or even attending, please email me your contact information:
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THANK YOU!!

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