

Workplace Wellbeing (not “Wellness”)

Employment practices that support employees’ ability to thrive at work and in life.

Balance

Includes practices and policies that support holistic wellbeing while ensuring that work demands are manageable and sustainable.

Belonging

The sense of inclusion, acceptance, and connection that employees feel within their organization which also encompass a deep feeling of being valued, respected, and supported for one's authentic self.

Opportunity

An environment where all employees have equitable access to resources, support, and pathways for personal and professional growth that encompass opportunities for fulfillment, development, and meaningful engagement within the organization.

Stability

A work environment that provides a sense of security, predictability, and resilience for employees. It involves fostering conditions that promote emotional, financial, and occupational stability.

