

# Global Well-Being

## Well-Being Ambassador Toolkit

*“This one step – choosing a goal and sticking to it – changes everything.” – Scott Reed*

### Well-Being Ambassador of the Month

#### Stephen Lockett, Edinburgh

As a Mental Health Ally, Stephen actively contributes to creating an environment where people feel comfortable to openly talk about mental health in the workplace. Last year, Stephen created the ‘Active July Challenge’ which supported charitable giving and encouraged participants to track their total hours of physical activity over a 5-week period. What started as an Edinburgh initiative has been adopted by various offices across the UK+I region!

Learn more about Stephen and fellow **Well-Being Ambassadors**, and stay tuned for another spotlight next month!

### Goal Setting

- Success starts with a plan and that’s why we’re kicking off the new year with goal setting.
- **Goal setting** is the process of creating an action plan to achieve specific outcomes. It’s a critical step to achieving success, and is even linked to improved brain health, more confidence and higher job performance.
- When it comes to health and well-being, goal setting is often the missing piece to success. Without a roadmap to guide us, we can easily get discouraged and derailed.
- We are more likely to stick to healthy habits when we commit to specific well-being goals, identify obstacles and how to overcome them, regularly track our progress and work on our habits with others.

### What to Do

- **By January 5.** Send the attached well-being email to employees.
- **By January 19.** Send the attached WELLbinar reminder email to employees.

### 3 Ways to Encourage Employees to Set Well-Being Goals

1. Set and share 2021 well-being, safety and sustainability goals for your office location. Select activities for your office location from the **Healthy Worksite Guidelines**.
2. Set and share your own personal well-being goals for 2021 on the **Community Feed** and encourage employees at your location to do the same.
3. Encourage employees to attend this month’s WELLbinar: **Where are you Going? Goal Setting for Personal and Professional Success**.

- Anytime. **Promote your local events** on the **WellBeingAtAECOM.com events calendar**.

For additional resources to help employees focus on their well-being, please visit the **Well-Being Ambassador Resources Hub**.



**Fun Fact:** *There is power in documenting goals. In a recent study, individuals that wrote down their goals were 33% more successful in achieving them than those who simply formulated outcomes in their heads.*

**Psychology Today**



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