



# POSITIVELY DERAILED

Thoughtfully navigating forward

MANITOBA'S CONFERENCE FOR LEADERS | MAY 16, 2023 | PRESENTED BY QNET

## Take Your Mind Off Track

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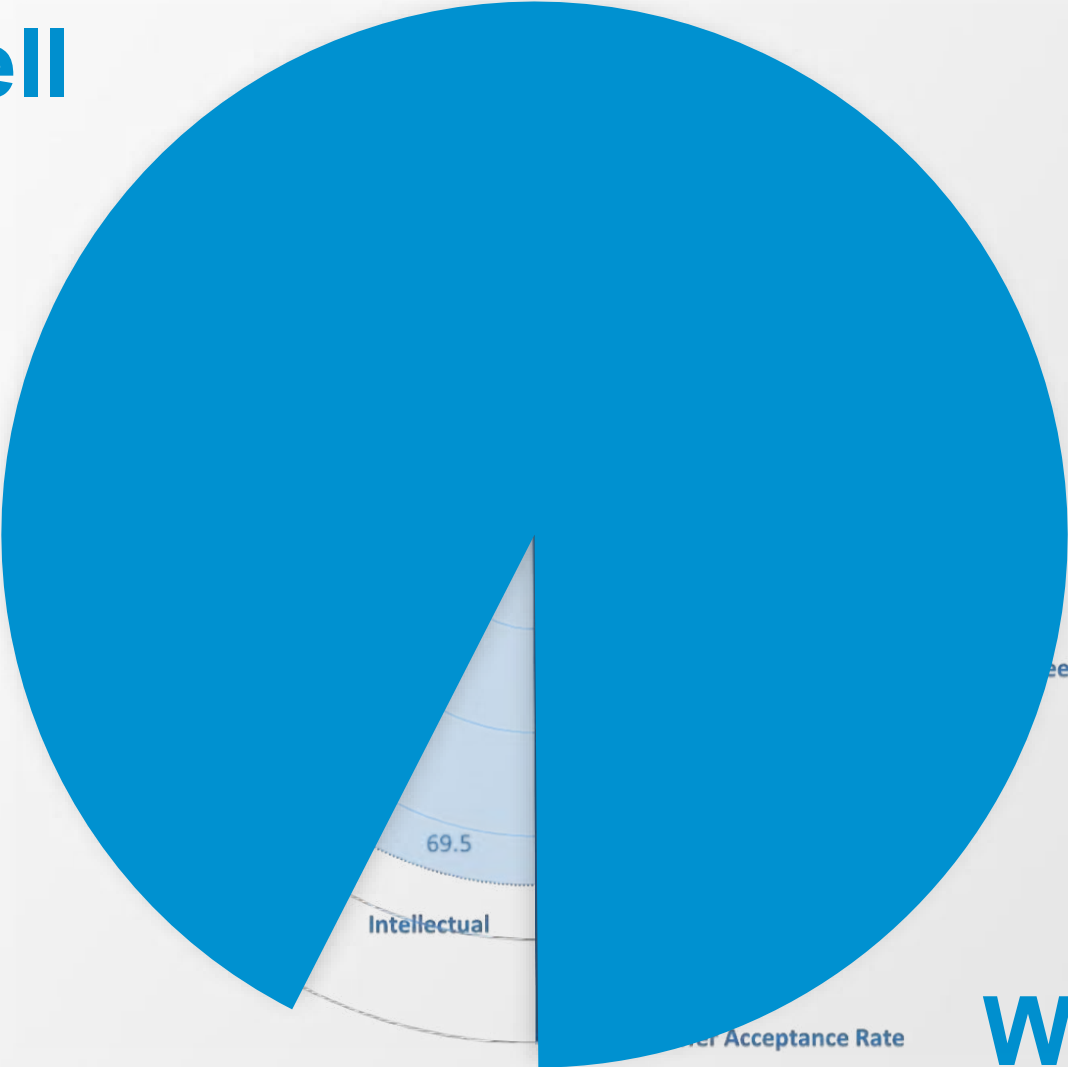
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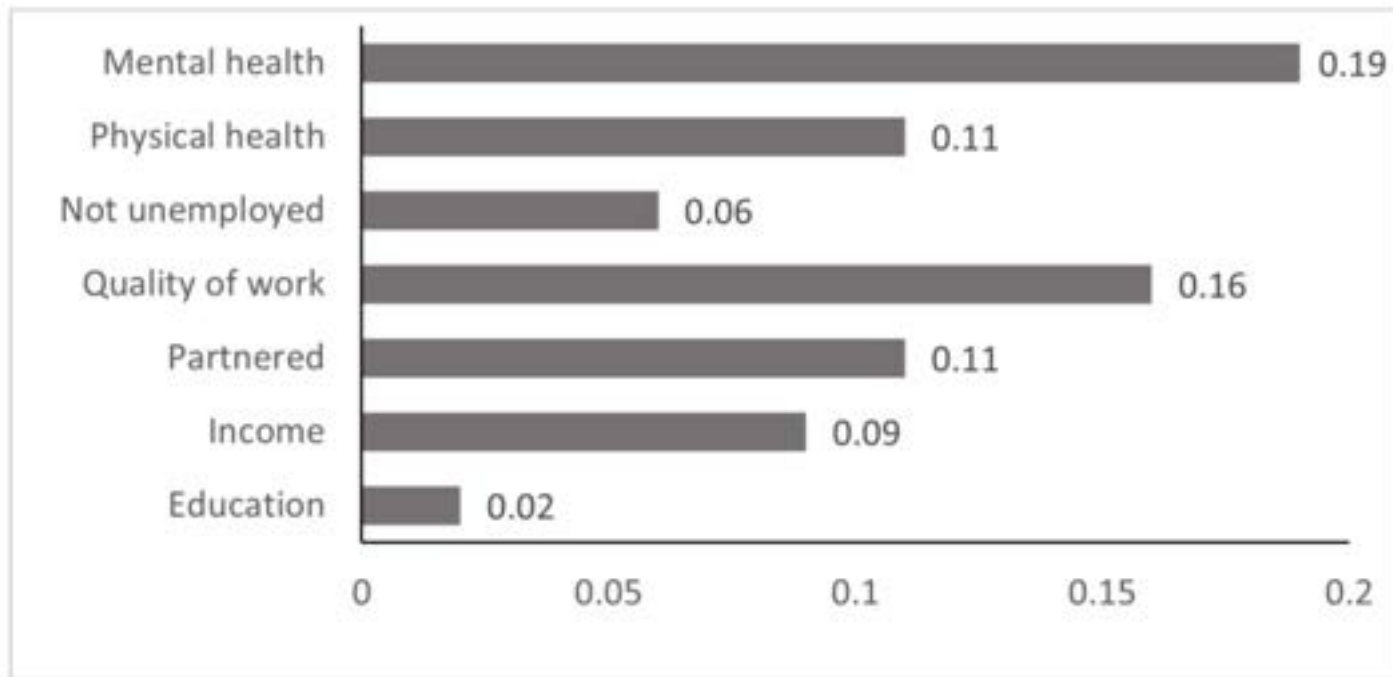
**Definition**  
**Justification**  
**Exploration**



**Live Well**



**Work Well**



*Fig. 2. What explains the variation of life satisfaction among adults over 25? (Britain). Source: A.E. Clark et al (2018) Table 16.1.*



“...feeling better by **one point** on a scale from zero to 10 translates into **13% more weekly sales** in the context of BT call centres.”

- *Does employee happiness have an impact on productivity?* Clément S. Bellet, Jan-Emmanuel De Neve, George Ward

Community vitality



Healthy populations



Living standards



Democratic engagement



Education



Time use



Leisure and culture



Environment



Canadian index of wellbeing



Figure 3. Trends in the Canadian Index of Wellbeing and GDP (per capita) for Manitoba from 1994 to 2020

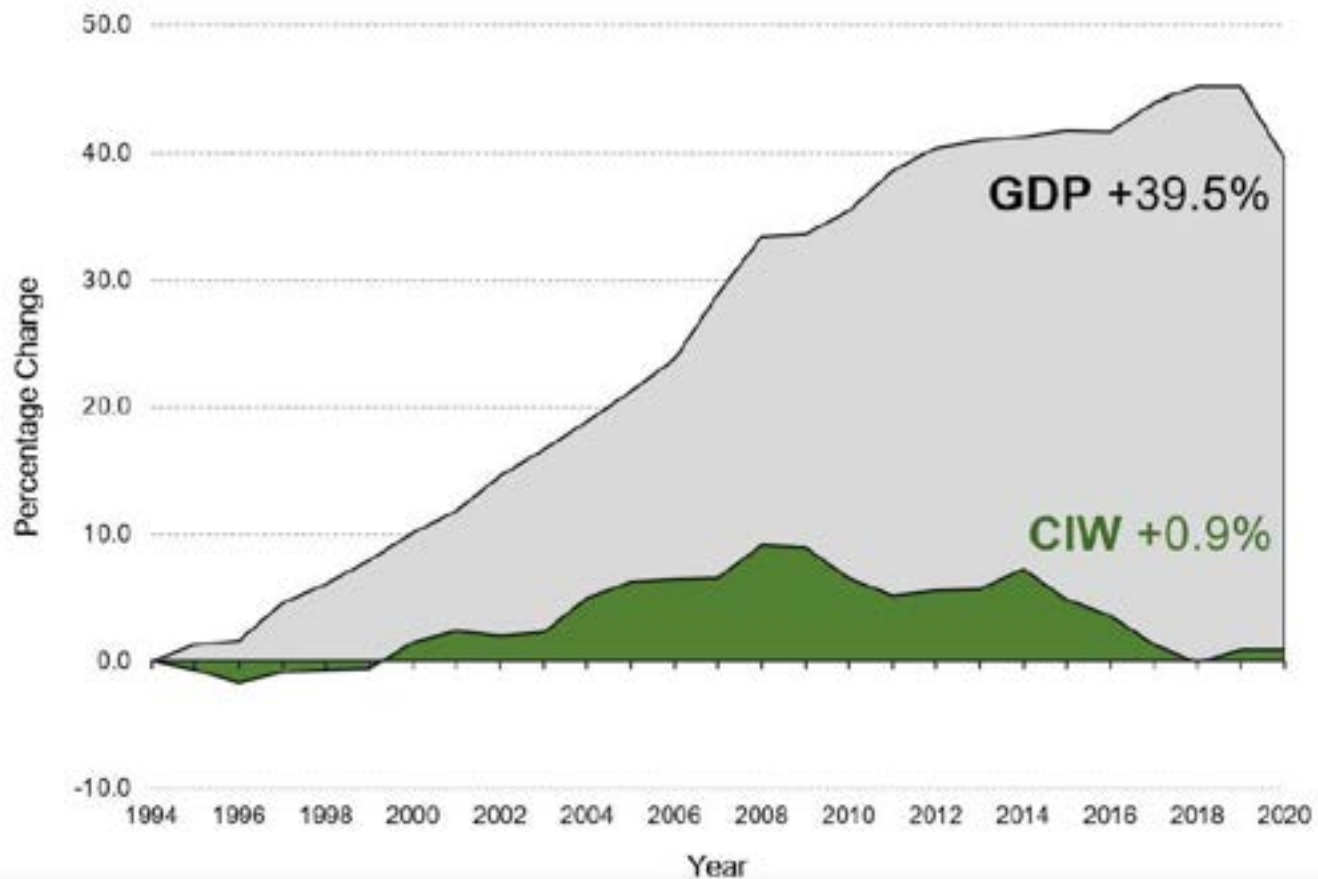
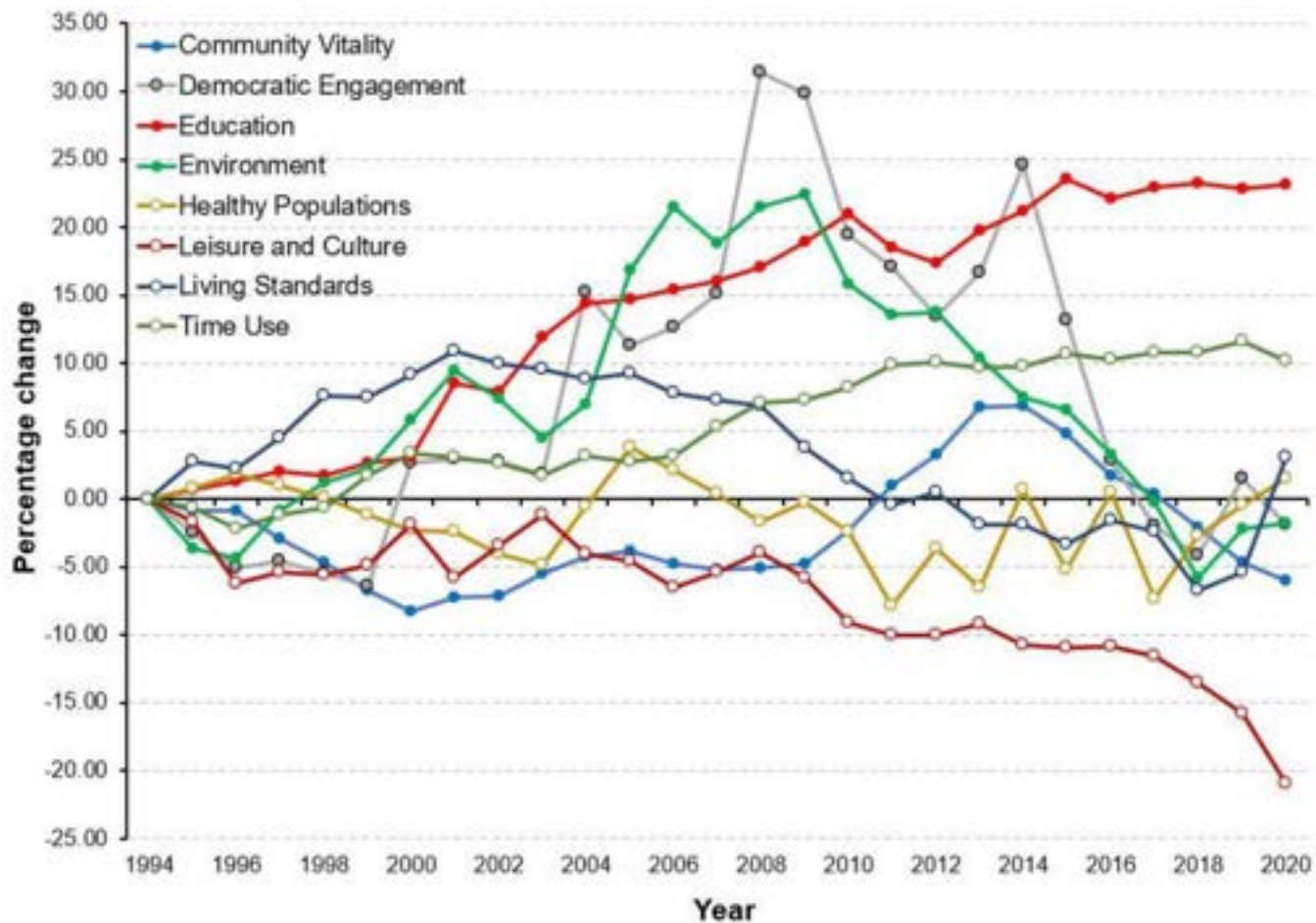


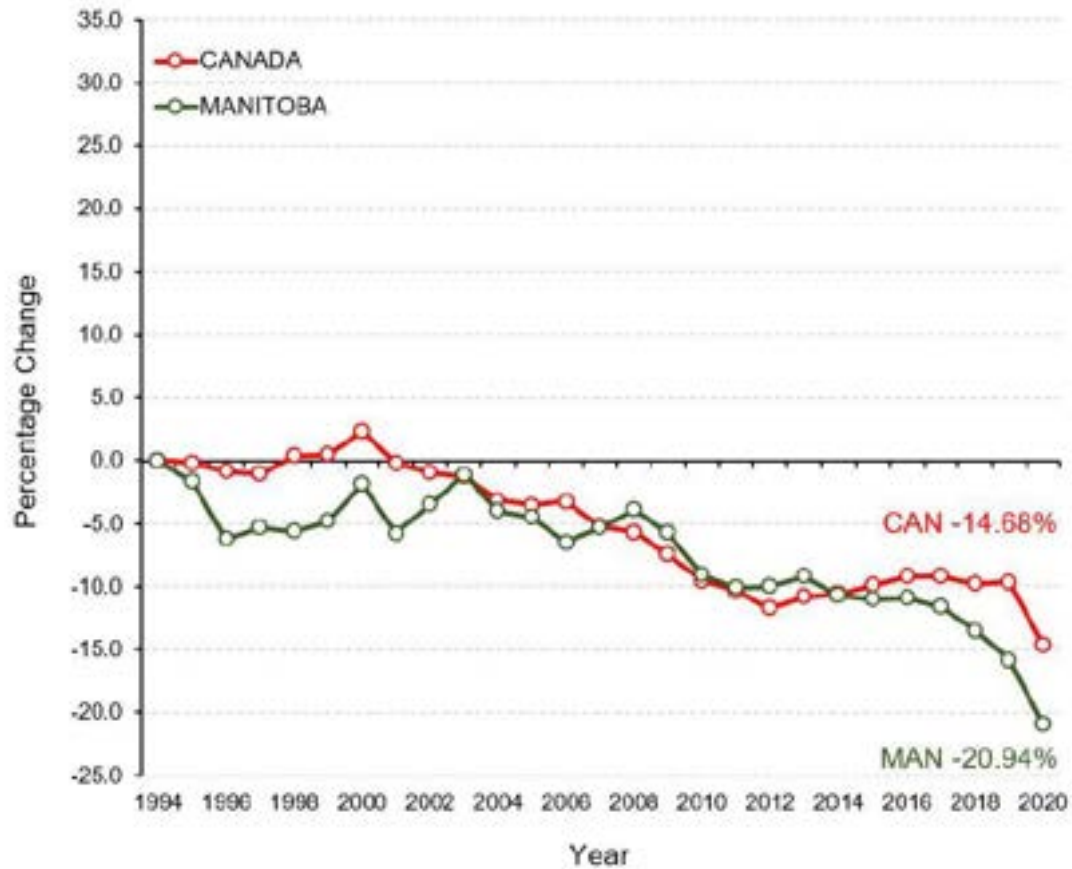


Figure 4. Trends in the CIW Domains for Manitoba from 1994 to 2020





Trends in *Leisure and Culture* in Manitoba and Canada from 1994 to 2020

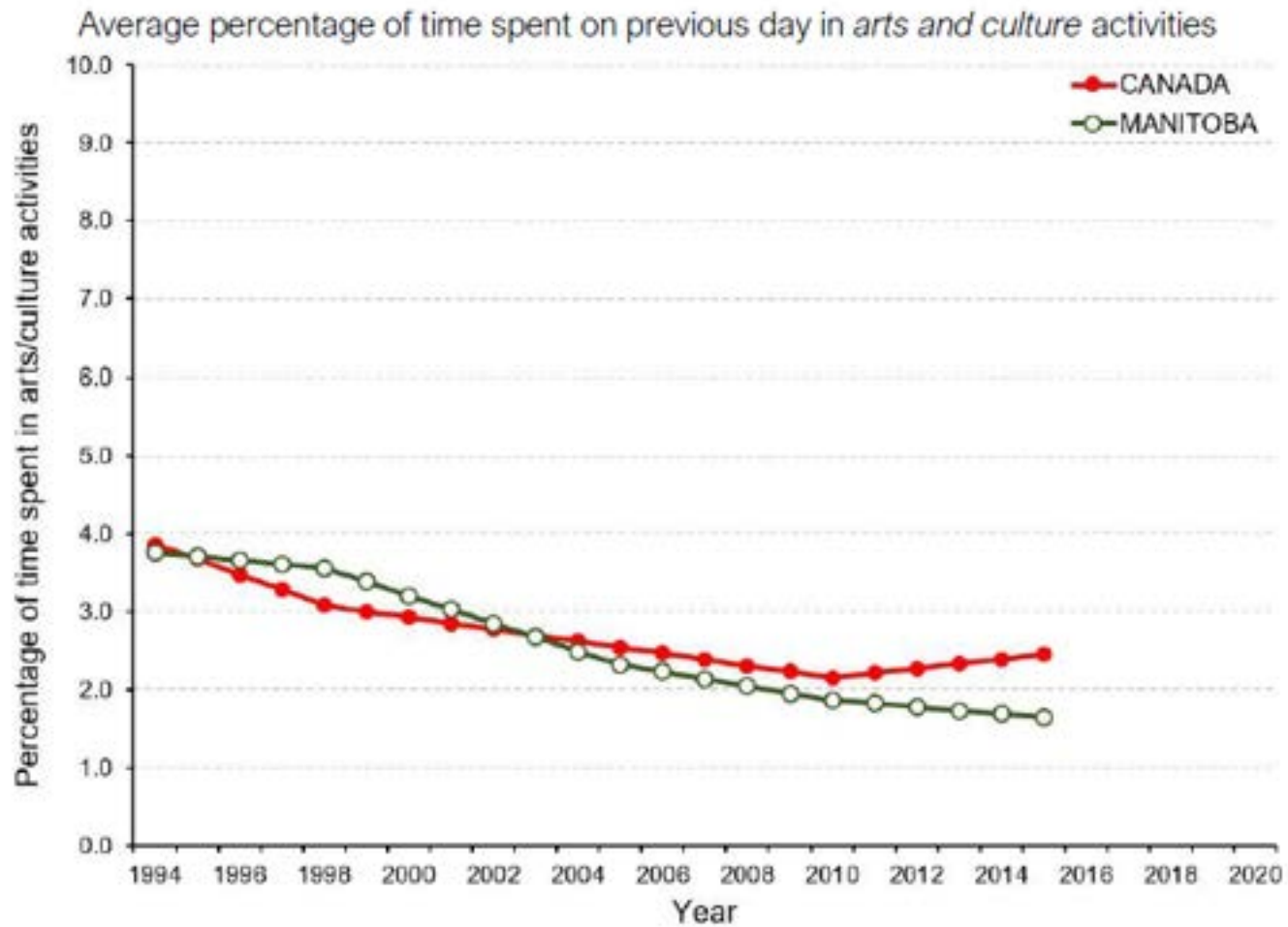


Overall change in Leisure and Culture from 1994 to 2020:

Manitoba	Canada
-20.94%	-14.68%

Total expenditures in past year on all culture/recreation as a percentage of total household expenditures





## OUTLINE

- ✓ Let's play some mind games
- ✓ The robots are taking over
- ✓ We need to talk



## TECHNOLOGY

### Use your brain or the robots take over?

- Address book
- GPS
- Algorithms
- AI-generated art





“OVERGROWN CITY COVERED IN VINES AND MOSS”





## REFLECTION QUESTIONS:

What's the downside to reducing boredom?

What's the cost of problem-solving tools?

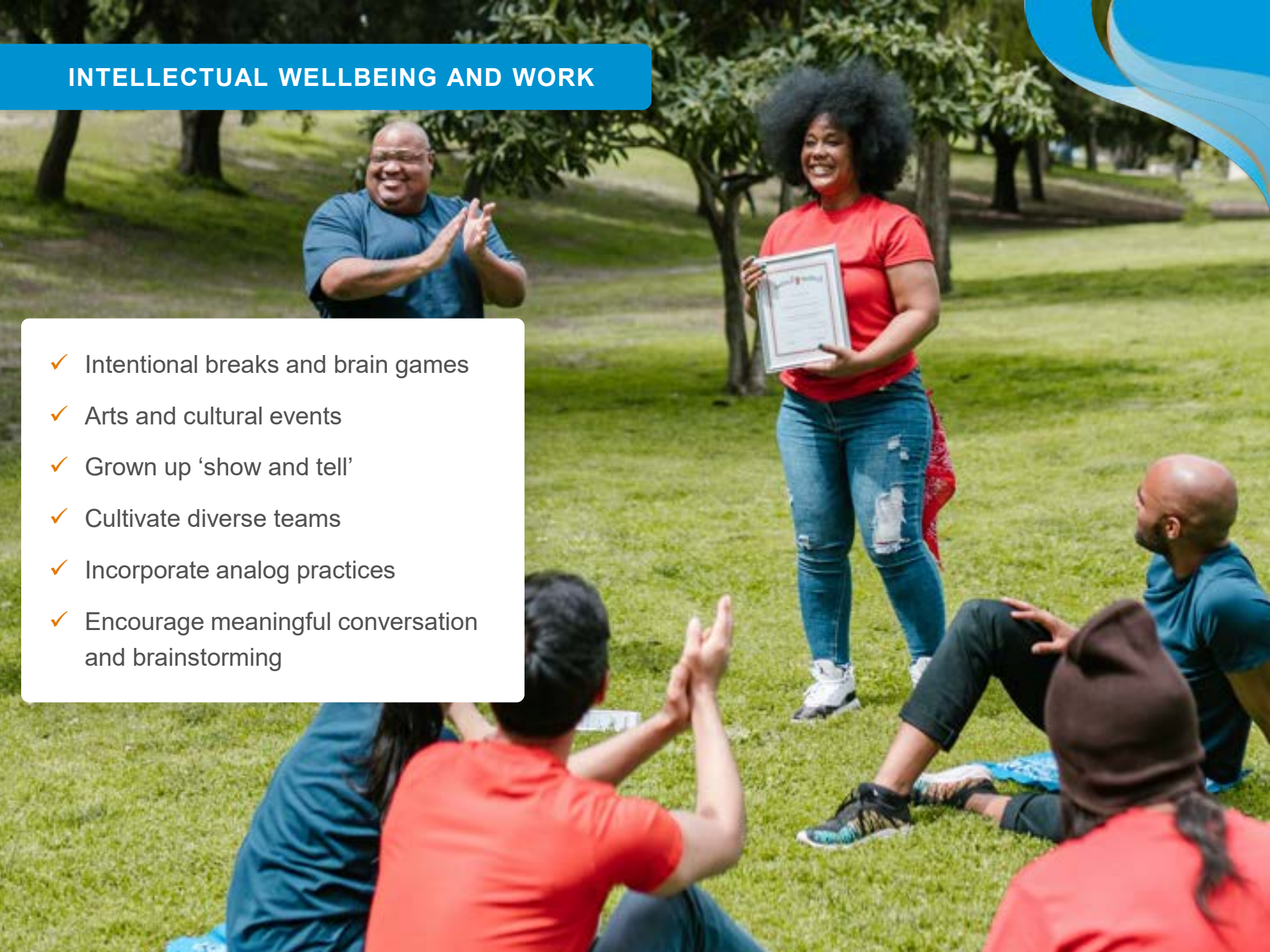


LET'S CHAT



## INTELLECTUAL WELLBEING AND WORK

- ✓ Intentional breaks and brain games
- ✓ Arts and cultural events
- ✓ Grown up 'show and tell'
- ✓ Cultivate diverse teams
- ✓ Incorporate analog practices
- ✓ Encourage meaningful conversation and brainstorming





# Summary

- Intellectual well-being is a key element of holistic wellness
- Key indicators of intellectual well-being are trending downward
- Incorporating activities that support intellectual well-being can improve individuals' overall wellness, well-being at work and workplace productivity



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