

Health and Wholeness

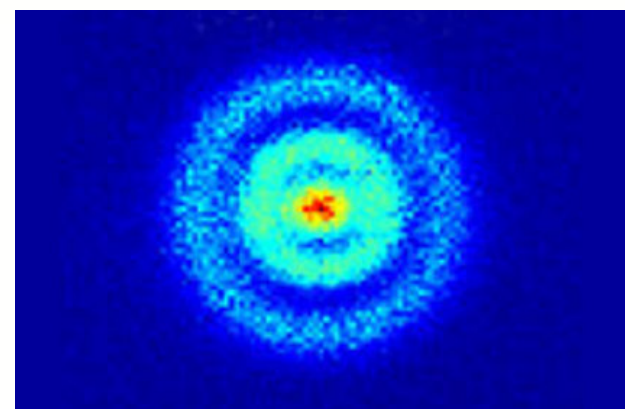
Matt Johnson - WorkWell



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Everything is held together by relationship





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What happens when a relationship is dysfunctional?



Dis-ease



Atomic bomb





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Relationships Research



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Vulnerability Research

Brene Brown found in her research those who are able to experience love and belonging are those who believe they are worthy of love and belonging even when being honest about struggles or mistakes

The Grant/Glueck 75 year Study

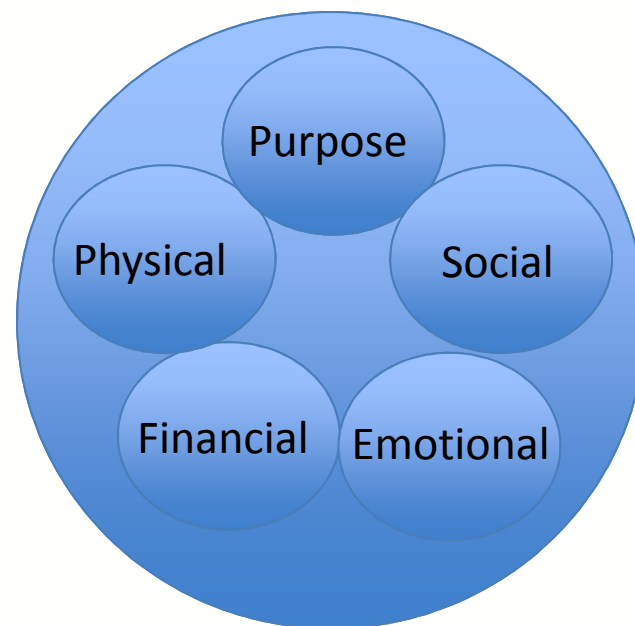
Vaillant's main conclusion is that "warmth of relationships throughout life have the greatest positive impact on 'life satisfaction'".





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HEALTH



IS COMPLICATED WHOLENESS





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Wholeness

Portraying the attributes of being whole

Whole

A thing that is complete in itself

Secure in value and role



Wholeness Concept



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An individual believing he/she has **inherent value** and is able to creatively express this value in all areas of influence

Understanding relationship to the whole

Creates ability to form healthy relationships



Inherent Value



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Creative

Influence

Relational





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Fred Danback and the Hudson River





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Caretakers



Influence



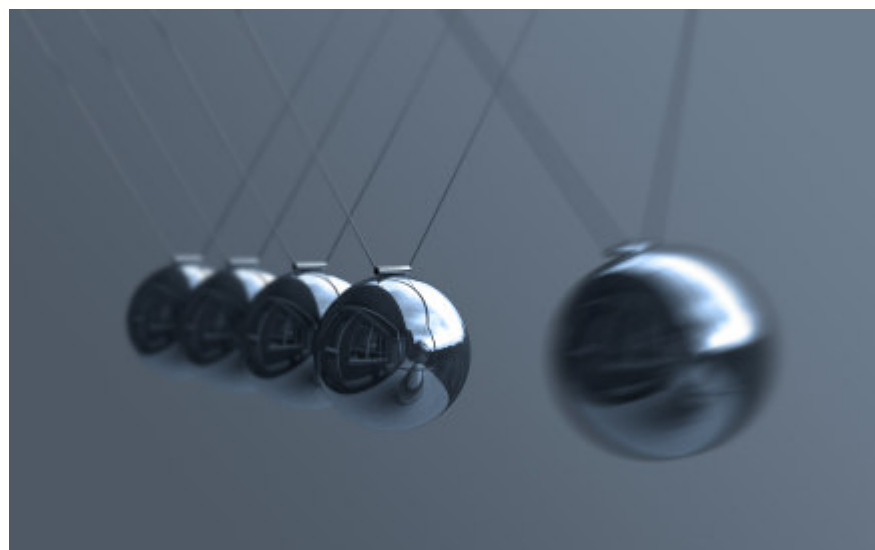


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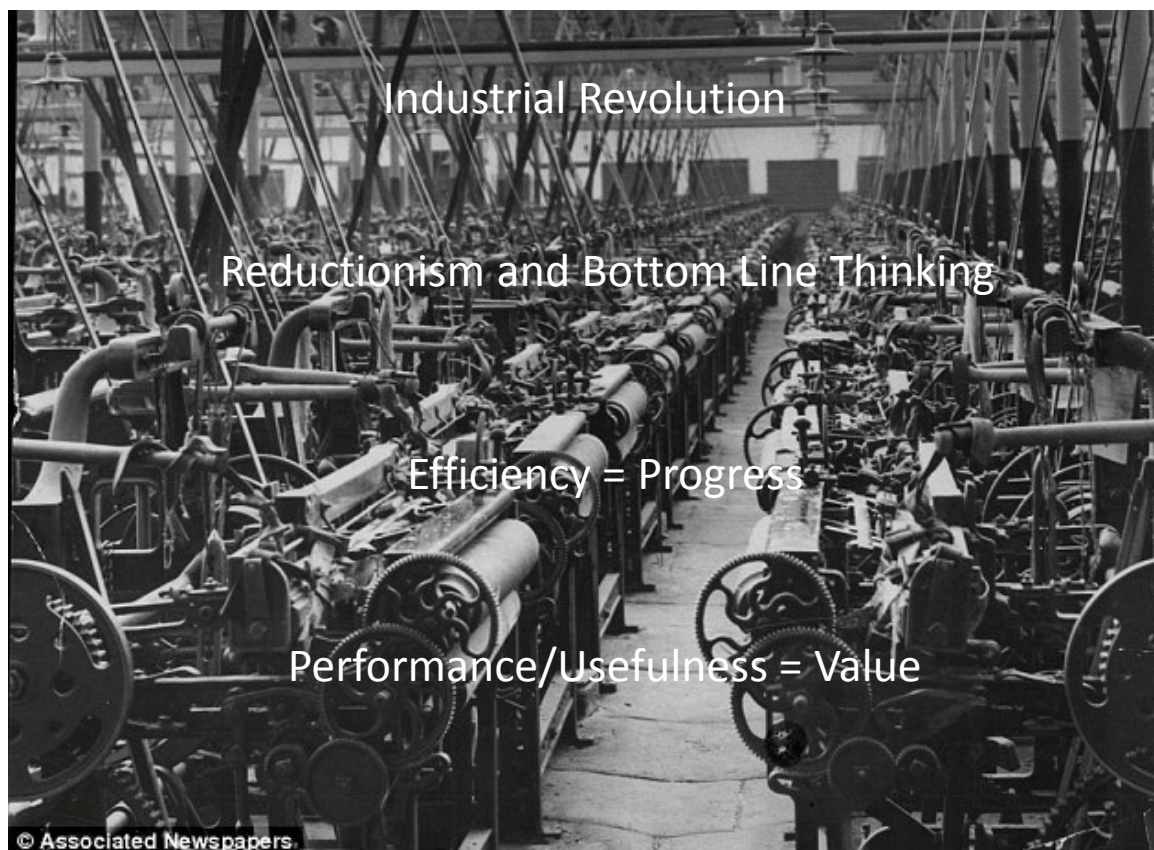


Fighting for Value





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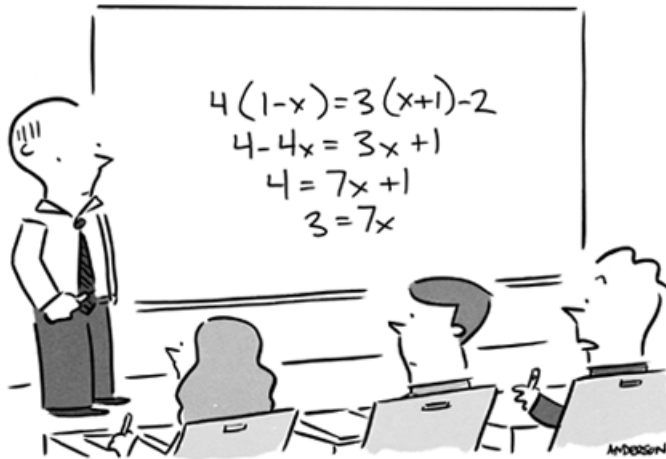
Success Metrics



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Efficient Production

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"Wouldn't it be more efficient to just find who's complicating equations and ask them to stop?"

Mass Consumption



Business Effectiveness Metrics



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Engagement

Productivity

efficiency

goals

Compliance

objectives

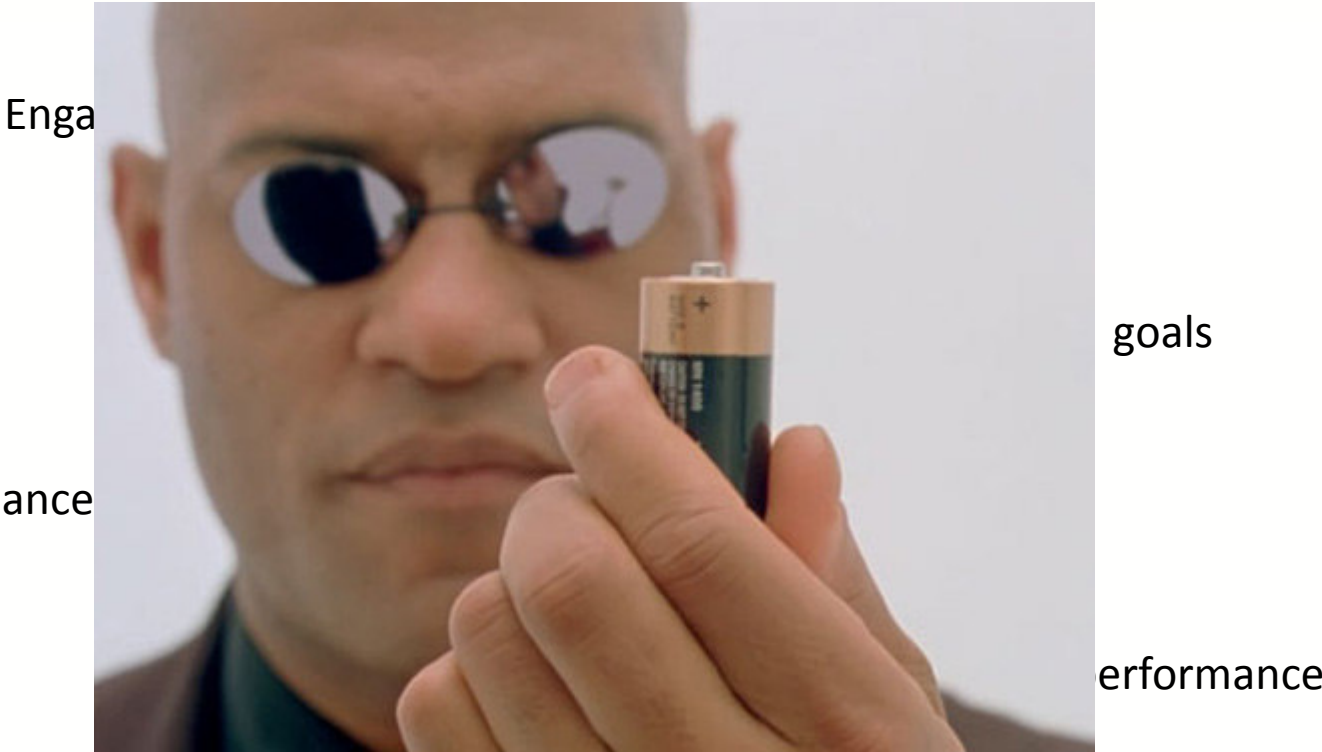
performance



Business Effectiveness Metrics



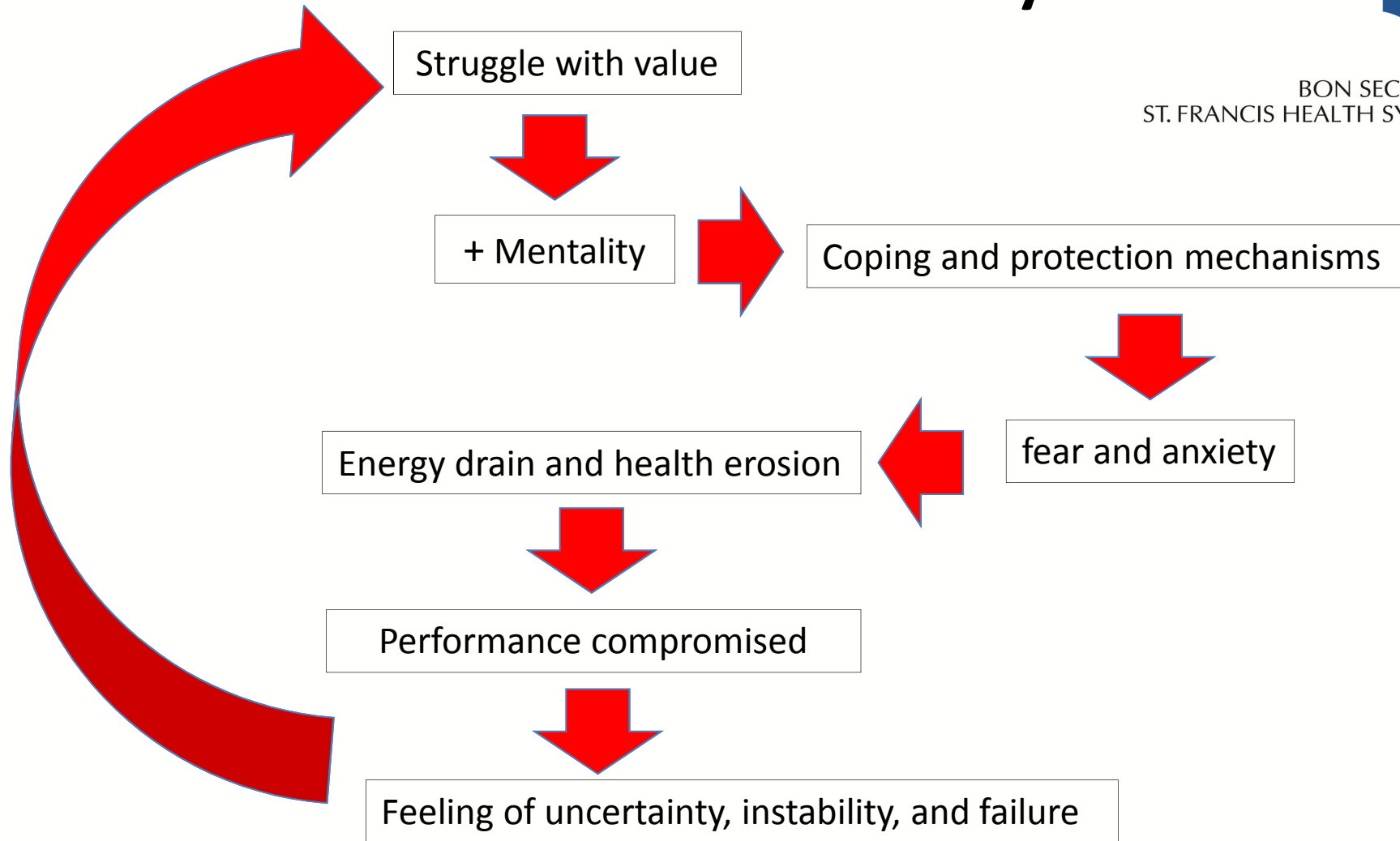
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The Performance Cycle



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Effects of Performance Cycle



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“The Internal Sports Announcer”

16,000 internal thoughts a day of which most are criticism, comparisons, or evaluations



Effects of Performance Cycle

The Intentions/Reality Gap



Self Assessment

Rank your priorities (those things most important to you)

THEN

Rank your priorities based upon time and energy spent

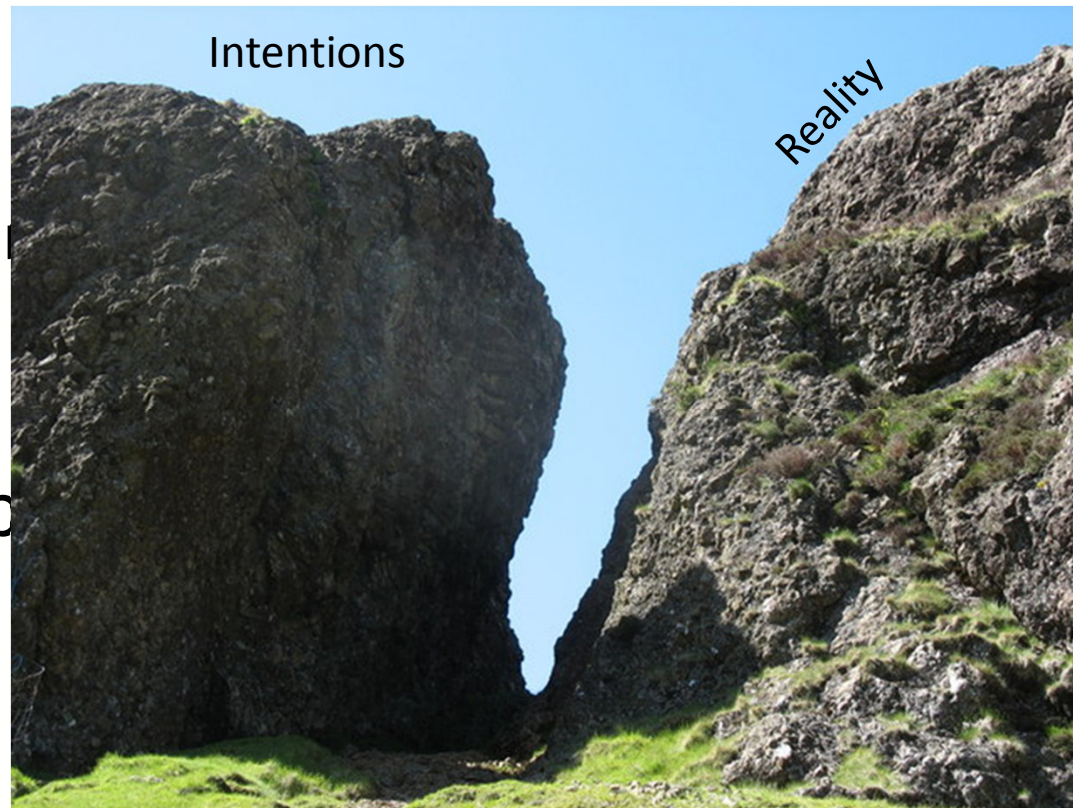


Effects of Performance Cycle

The Intentions/Reality Gap



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Rank your

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Rank your p

energy spent





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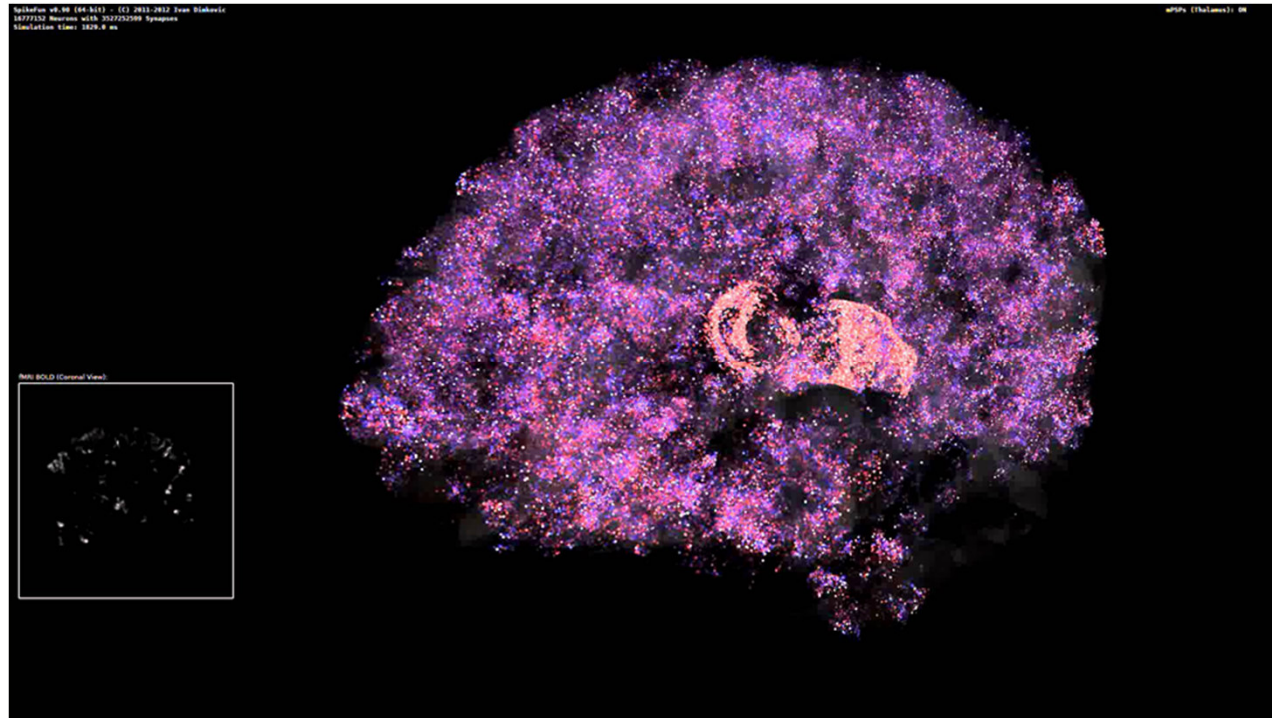
We are not machines



SO WHAT ARE WE?



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“If our brains were simple enough for us to understand them, we'd be so simple that we couldn't.”

Ian Stewart- Professor at Warwick University



Wholeness Concept



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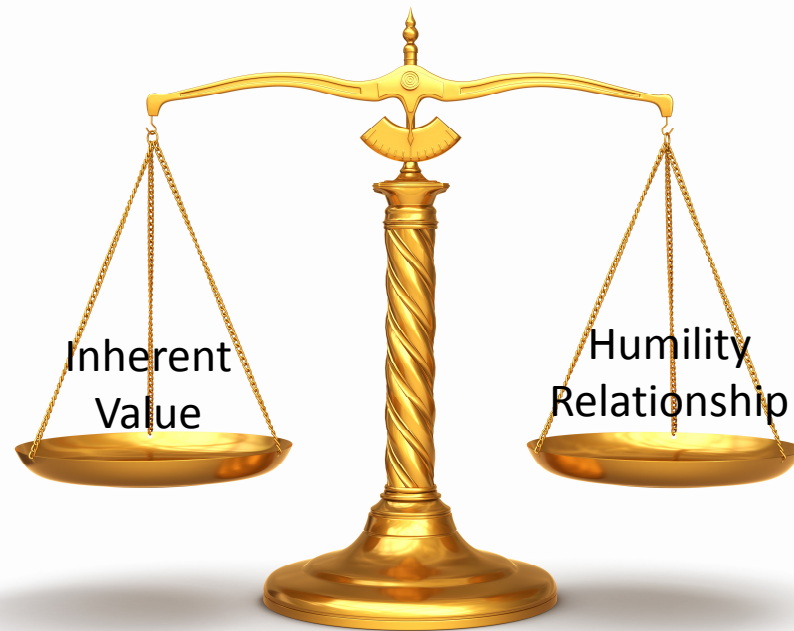


The Balance



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Wholeness



Challenge to Leaders



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You are only as convincing

As you are convinced

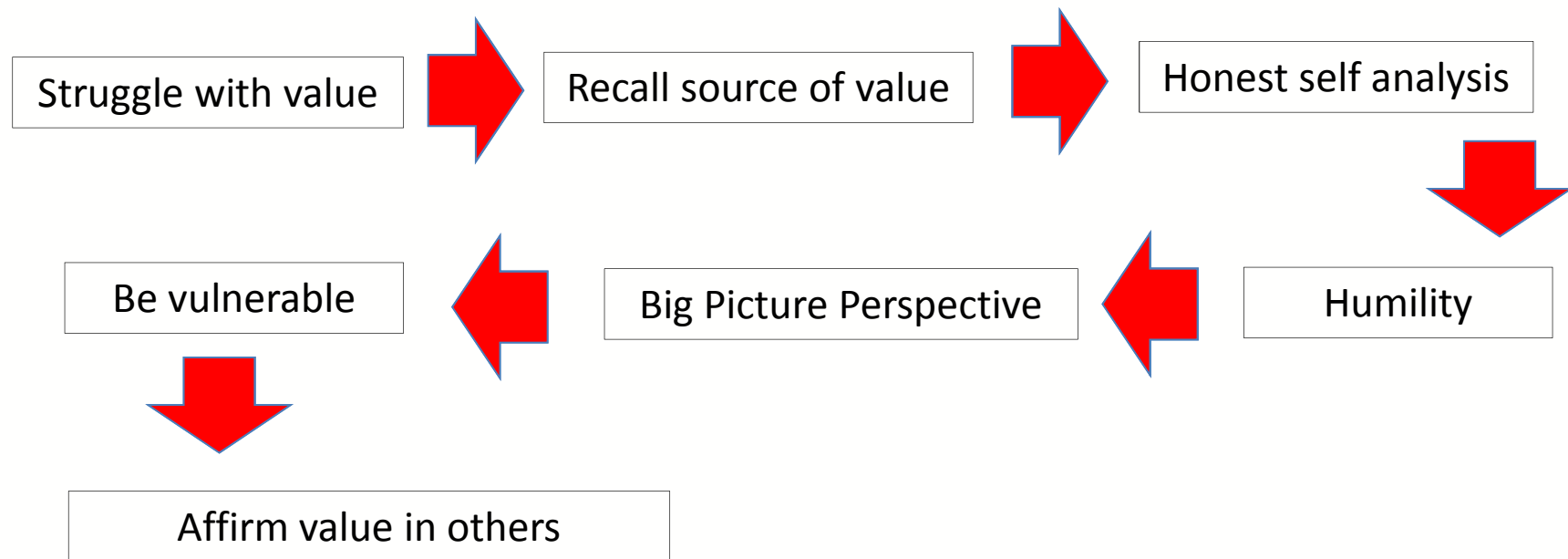


Breaking The Performance Cycle



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Set aside time every week to rest, wonder, and adjust priorities



Affirming Value



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Educate and Encourage

Challenge

Send

Support

Review



Wholeness Business Objectives



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our goals

CO-CREATE HEALTHY COMMUNITIES
We recognize that the factors which drive health outcomes extend well beyond the scope of traditional health care services. Thus, we commit to improve the health of our communities through partnership and collaboration with a broad range of constituencies including committed community residents.

BE PERSON CENTRIC
We recognize that those whom we serve are increasingly engaged in their own care and are seeking convenience, affordability and reliability. Thus, we commit to anticipate and respond to the changing expectations of health care consumers, and to ensure that we engage each person in an individualized plan for health with a focus on prevention and wellness.

SERVE THOSE WHO ARE VULNERABLE
We recognize, by our Catholic identity, that the struggle for a more humane world is not an option, but an integral part of spreading the Gospel. Thus, we commit to serve those who are vulnerable in many ways, addressing health disparities, sustaining global ministries, healing the environment and working to end violence and oppression.

STRENGTHEN OUR CULTURE AND CAPABILITIES
We recognize that the health care delivery system is undergoing rapid change with increasing complexity. Thus, we commit to liberate the potential of our people by strengthening individual and collective capabilities with respect to ministry leadership, knowledge, analytics, innovation and finances.



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