

POWER Wellbeing



POWER



What is POWR, and how can it help me?

POWR (Positive Occupational & Wellbeing Resource) is a tool which supports you to take personal responsibility for improving your own wellbeing.

POWR is not a 'one size fits all' concept. Instead, it helps you to identify areas of your life that you are performing well in, and importantly, identifies areas which require encouragement or help.

This help comes in the form of personalised behaviour management plans.

Behaviour management plans are individual to you and provide you with practical tips and exercises to improve your wellbeing. These plans are developed by highly qualified clinicians from the fields of medicine and psychology.



How do I use POWR exactly?

- 01.** First of all, **POWR will get to know you.** You will first be asked to complete some easy-to-answer assessments based on six areas of your life; Mind, Study, Life, Sleep, Fitness and Nutrition.
- 02.** **Your answers will generate an overall wellbeing score,** as well as identifying what is going well for you and what areas of life you may need support with. Based on your results, POWR will recommend a selection of individualised behaviour management plans for you.
- 03.** As you **complete your behaviour management plans,** you can continue to work on other areas in your life, while also being able to look back on your experiences with previous plans. The more you interact with POWR, the more it will get to know you and grow in usefulness.



Tell me about the personalised plans?

The plans have been developed by clinicians from the fields of medicine and psychology, replicating what would be suggested by a clinician in a face-to-face session.

POWR will identify your strengths and will encourage you to maintain these positives. Any challenges to your emotional wellbeing at home and at work are also identified. You will receive a unique behaviour management plan containing practical daily exercises to improve what POWR sees as challenging.

The plans include a wide array of proven simple exercises and techniques to assist you with your wellbeing, including light physical exercise, mindfulness, breathing and reflection tools. The plans are enjoyable and easy to complete.



1

To re-cap: answer the questions in all six paths

Receive your POWR score

2



3

Which will generate a personalised behaviour management plan for you

...then you complete the recommended plan

4



5

...and can retake that POWR path to see if you have improved