



# CULTURAL HEALTH AND WELL-BEING AT WORK

*A ground-breaking seminar for improving organisational performance*

*Richard Barrett*

Time: 13.30-16.30

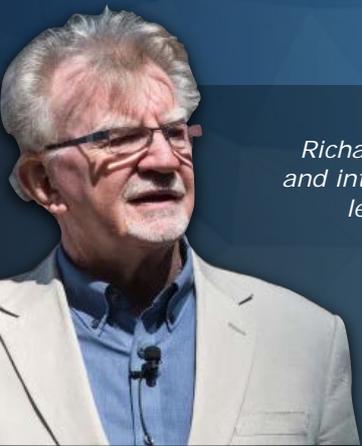
**March 16,  
2017**

## Register Now!

**VENUE:** Friends House, 173-177 Euston Rd,  
Kings Cross, London  
**Price:** £50 (US \$60)

Well-being at work is becoming an important health issue in the UK. In 2015/16 workplace stress and related factors such as anxiety and depression accounted for 37% of all work-related ill health and 45% of all working days lost. The main causes of stress were workload pressures, tight deadlines, too much responsibility and a lack of managerial support. These factors accounted for an estimated 13.5 million lost working days due to ill-health. A psycho-social working conditions survey indicated that around 13.6% of all working individuals think their job is very or extremely stressful.

In this workshop, Richard Barrett will identify the primary causes of workplace stress and show how to measure the cultural health of an organization. Richard's approach is holistic in nature. He explains how a failure to meet employees' needs and desires at different stages of psychological development contribute to work place stress. This ground-breaking seminar draws on two of Richard's recent books — *The Values-Driven Organization* and *A New Psychology of Human Well-Being*.



*Richard Barrett is an author, speaker and internationally recognized thought leader on the evolution of human values in business and society. He is the founder and chairman of the Barrett Values Centre, a Fellow of the World Business Academy and Former Values Coordinator at the World Bank.*

*"Richard Barrett has made extraordinary contributions to our understanding of organisational values and culture. His frameworks for measuring culture and enabling whole system change are elegant. His reservoir of knowledge is vast and his connection to timeless wisdom is profound."*

*Raj Sisodia, Co-founder and co-chairman of Conscious Capitalism Inc. and Professor of Global Business, Babson College, USA.*

*"Richard Barrett offers the world an exciting new approach to the understanding of well-being: an approach that aligns with ancient wisdom and cutting-edge theories in science and psychology. A brilliant book that will challenge your understanding of who you are and the world in which you live. Highly recommended."*

*John Mackey, co-Founder and co-CEO, Whole Foods Market*

