## OUR STATE OF MIND

A landmark project to help organisations assess and benchmark their metal wellbeing culture.



THE
B • WELL
COALITION

## their organisation has a good mental

of employees feel wellbeing culture

Effective leadership is the strongest driver of mental wellbeing culture in the workplace



However, leadership is the lowest performing domain (compared to fulfilment and connection

There is missing information on how workplace culture can influence and impact mental wellbeing and how to proactively create a positive mental wellbeing culture in the workplace.

## This is the gap in knowledge that the Our State of Mind study aims to fill.

The high priority areas to address are:



Significantly poorer outcomes are seen for several priority segments including females, LGBTIQA+, those with a physical or mental disability, and Aboriginal and Torres Strait Islander employees.

