

Wellness; What, why & how...

Samme Allen
Sequoia Co-Founder

#Eventwell17

@SammeAllen





Hotel Insights
Forum 2017

Wellness – So What?

“Wellbeing is defined as the state of being comfortable, healthy, or happy”

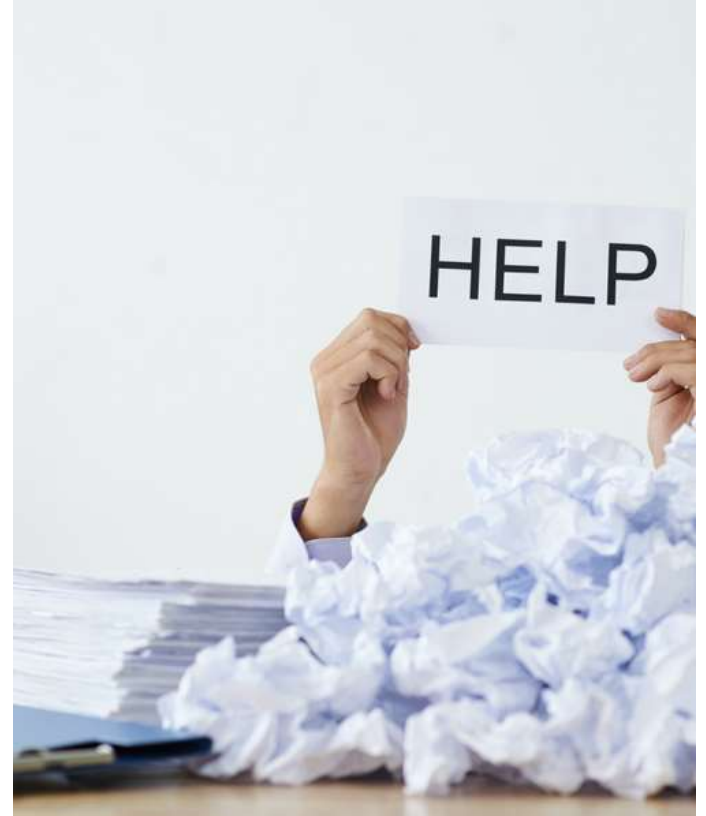


The Facts..

Fact 1: Event Co-ordination is 5th Most Stressful Job

Fact 2: 1 in 3 Eventprofs will experience an episode of mental ill health at some point in their lives

Fact 3: Workload and responsibilities is the No.1 pressure for Eventprofs





Hotel Insights
Forum 2017

Wellbeing – Why?



Mental Wellbeing
=
Physical Wellbeing





Hotel Insights
Forum 2017

How - Can we help ourselves?



- 1) Talk to someone**
- 2) Set clear boundaries**
- 3) Treat yourself with respect**



Terms and Conditions

All content is supplied by speakers and non-BDRC presentation content has been not verified by BDRC.

Presentations including this one are made available to attendees of the 2017 Hotel Insights Forum and may not be shared, copied or publicised with other parties without the permission of BDRC.

BDRC is unable to warrant that all images in the presentations are free from copyright restrictions. Some images have been supplied by research respondents, with whom copyright is assumed to rest.

If you would like more information about sources, opinions or insights from these presentations, please get in touch.

hotelinsights@bdrc-continental.com

www.hotelinsightsforum.com

Hosted by BDRC



Hotel Insights
Forum 2017