



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

## Five Ways to Wellbeing at Work

This certificate is awarded to...

[Blank white rounded rectangle for recipient name]

for...

[Large blank white rounded rectangle for description]

DATE:

\_\_\_\_\_

AWARDED BY:

\_\_\_\_\_