

# BUILT ENVIRONMENT CHANNEL

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Proudly supporting our industry



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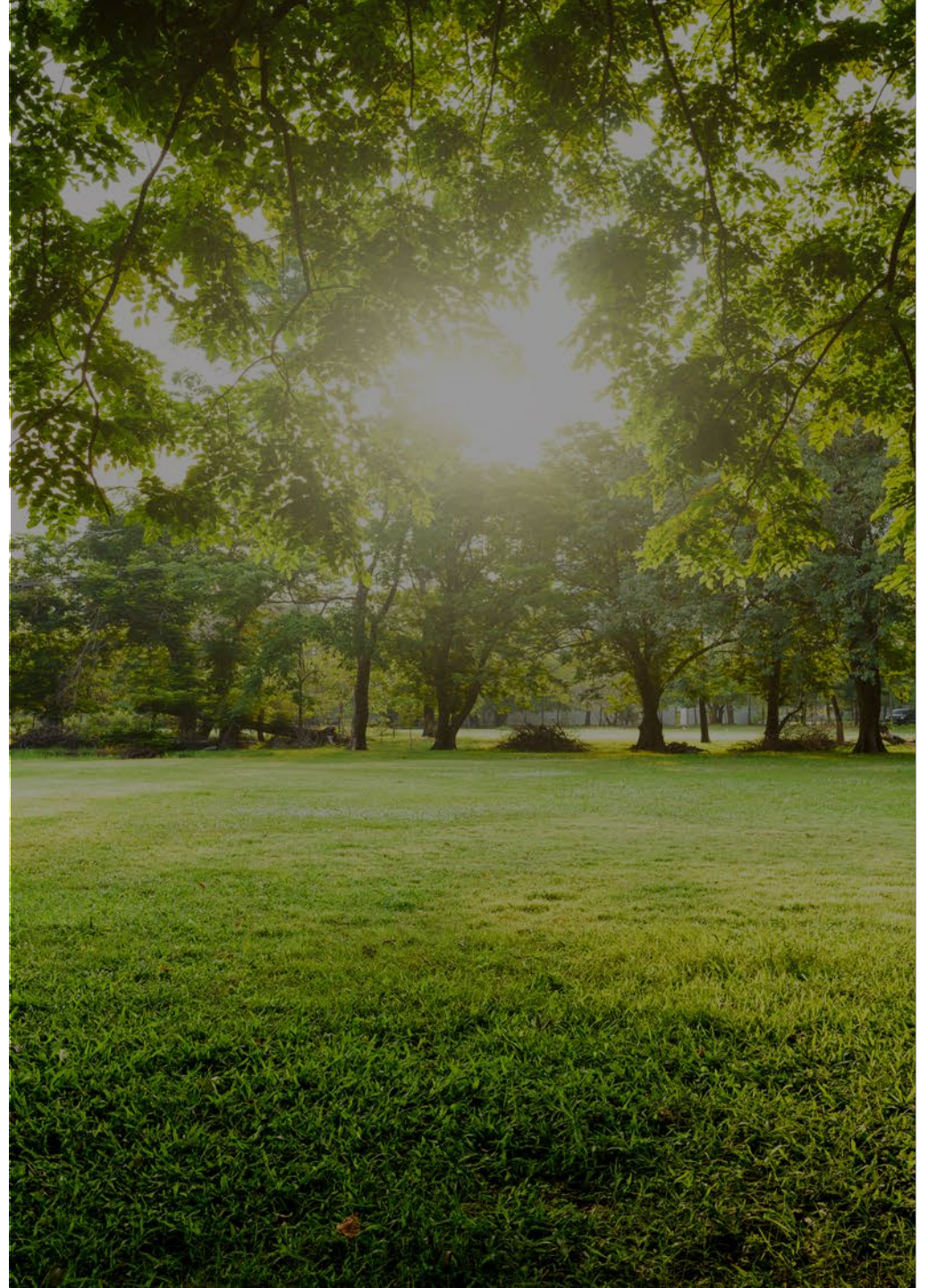


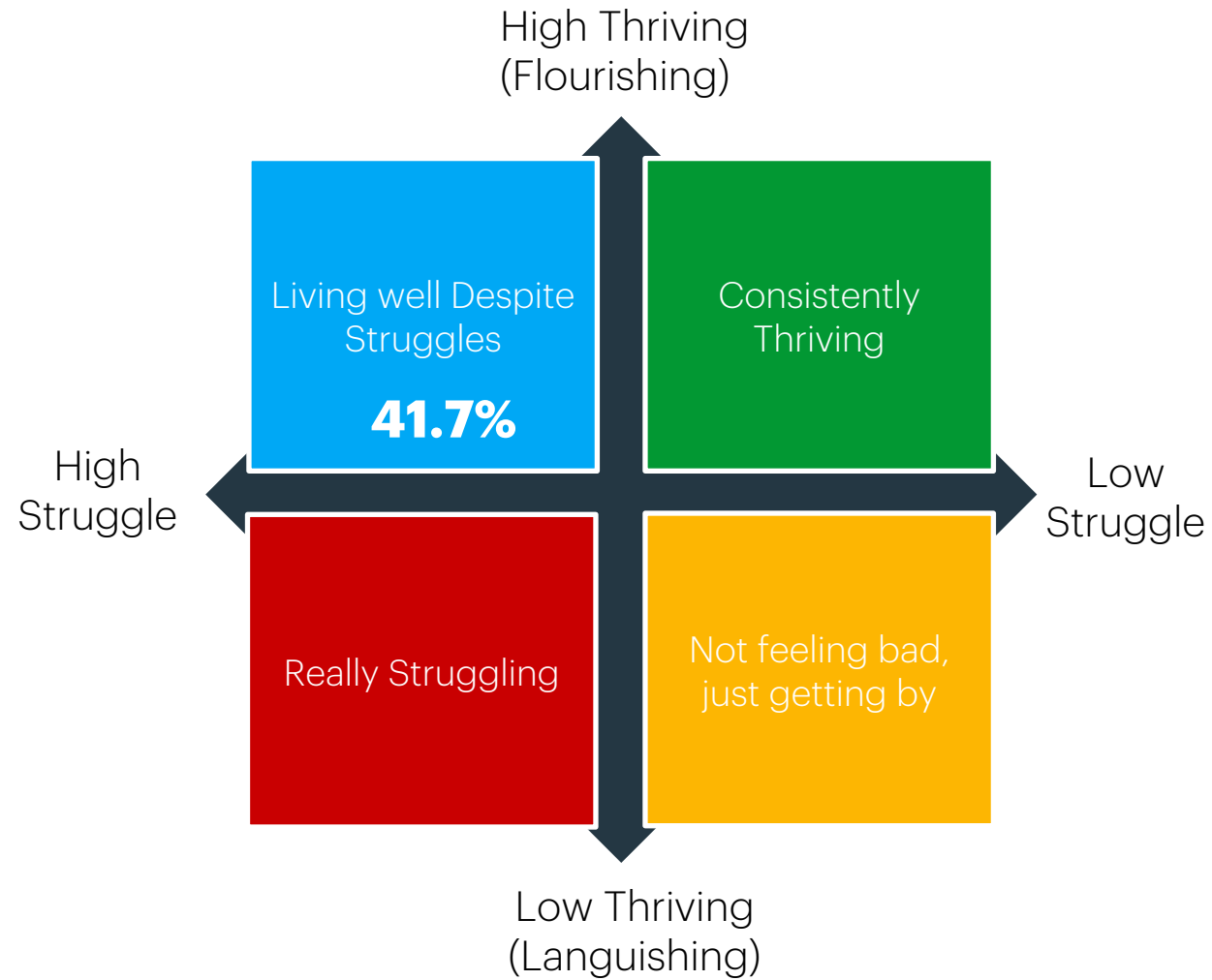
BUILT  
ENVIRONMENT  
CHANNEL

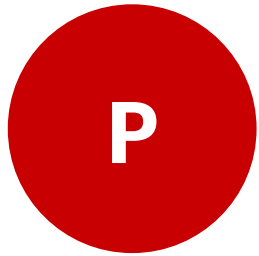
# Functioning to Flourishing Amidst Struggle

# What is Wellbeing?

The ability to feel good  
and function effectively.







**Positive Emotion**

Feeling good



**Engagement**

Finding flow



**Relationships**

Authentic  
connections



**Meaning**

Purposeful  
existence



**Achievement**

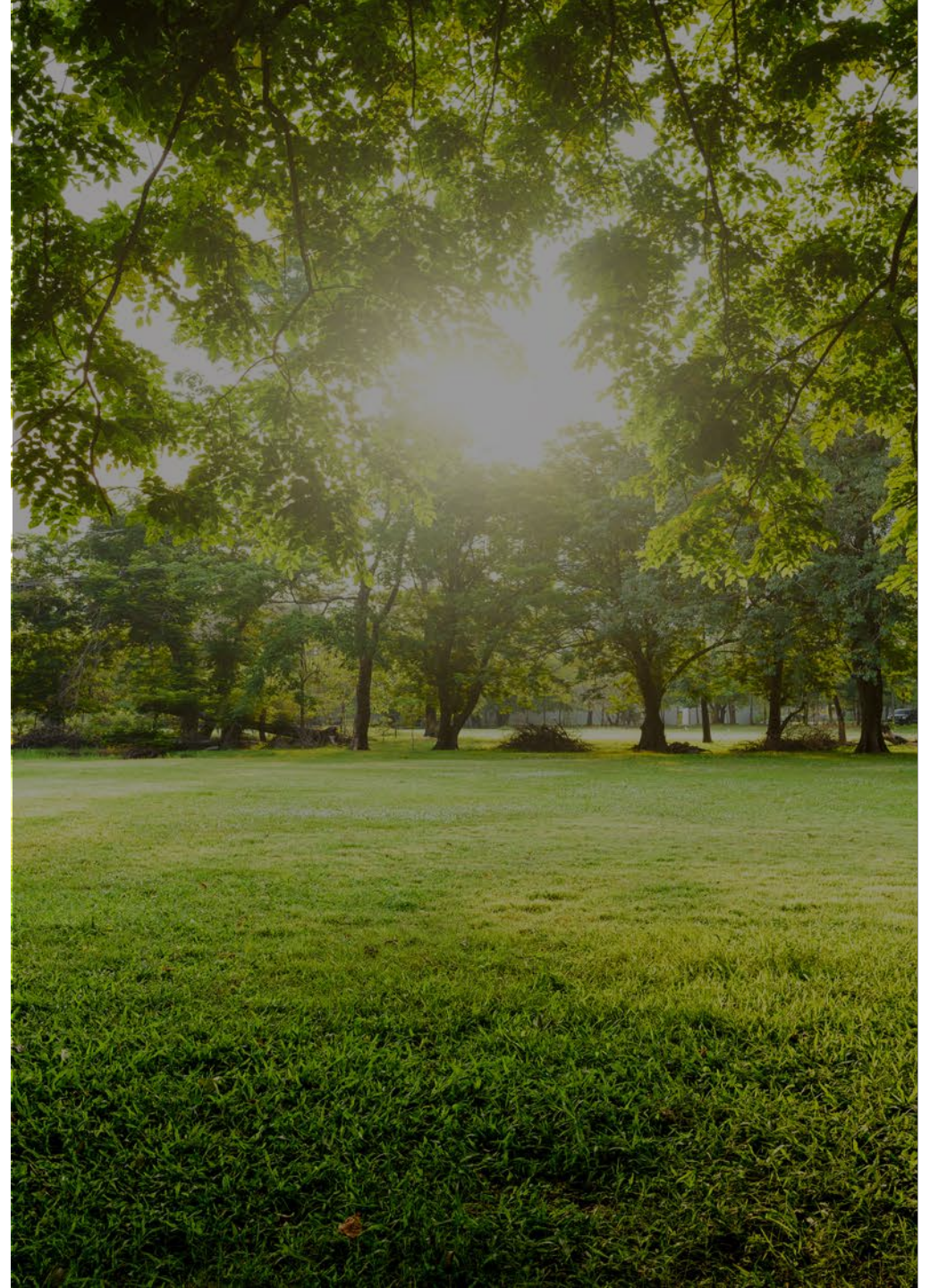
A sense of  
accomplishment

P

## Positive Emotion

Positive emotions do more than make us feel good, they also expand our thinking, help us generate new ideas and encourage us to consider other possibilities.

- Barbara Fredrickson





## Positive Emotion Benefits

Experiencing heartfelt, positive emotions:-

- can help you to be more **optimistic**
- facilitate more effective **coping**
- encourage individuals to make **healthier decisions**
- boost **resilience**
- Improve **relationships**



# Positive Emotion

Managing emotions



journalling

gratitude

meditation

mindfulness

pick your battles

savouring

visualisation

music

nature

sunlight

adventure

time out

water



walking away

exercise

laughter

going for a run

singing

walking



juggling

dancing

controlled breathing

yelling

sleeping

gardening

smiling

painting

gardening

talking

sex

cuddle puppies

family time

date night

dating

socialise

venting



photo of family/ friends

walk dog

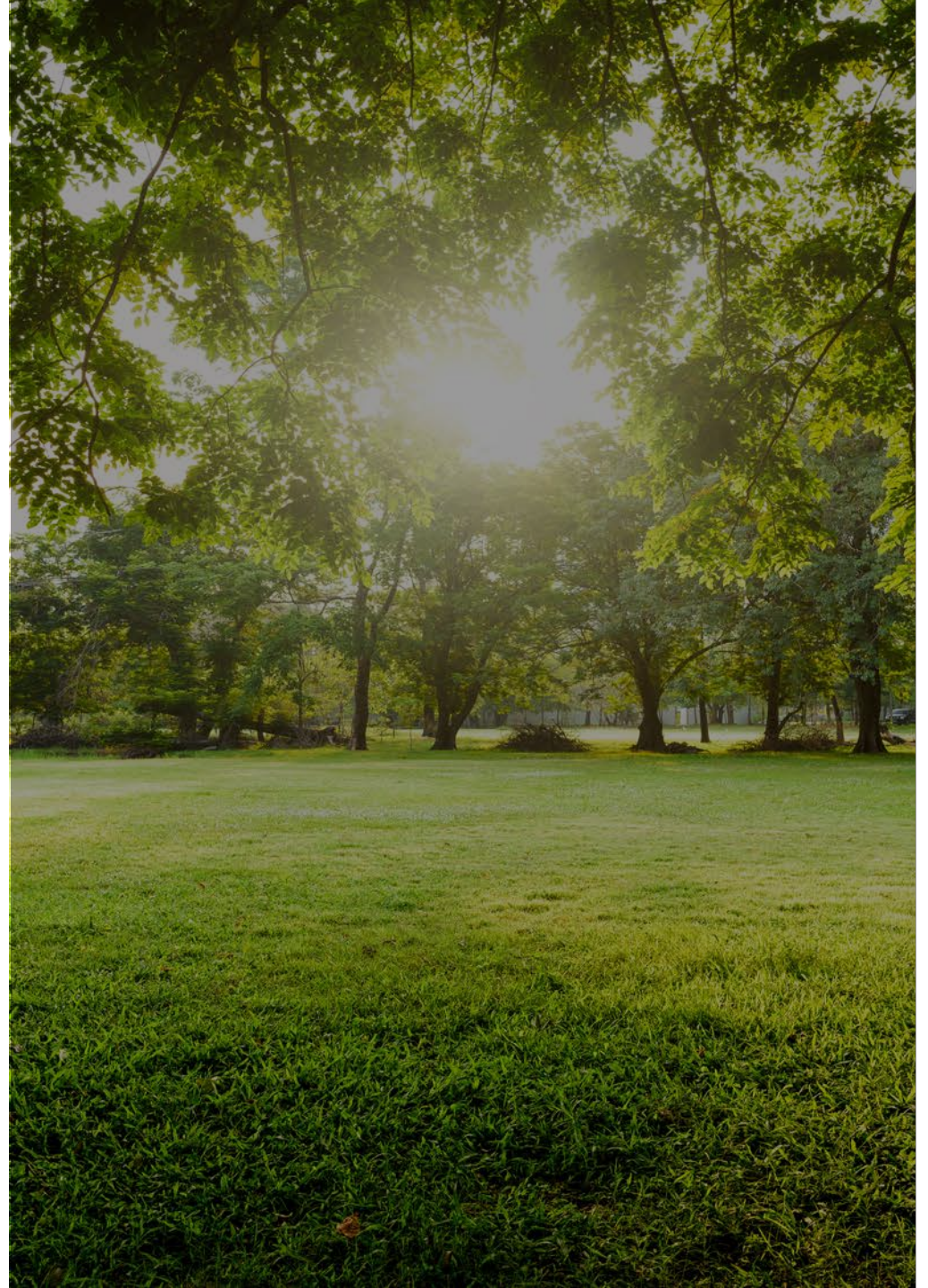
therapy

hugs



## Engagement

the connection that we  
have with an activity or  
our environment

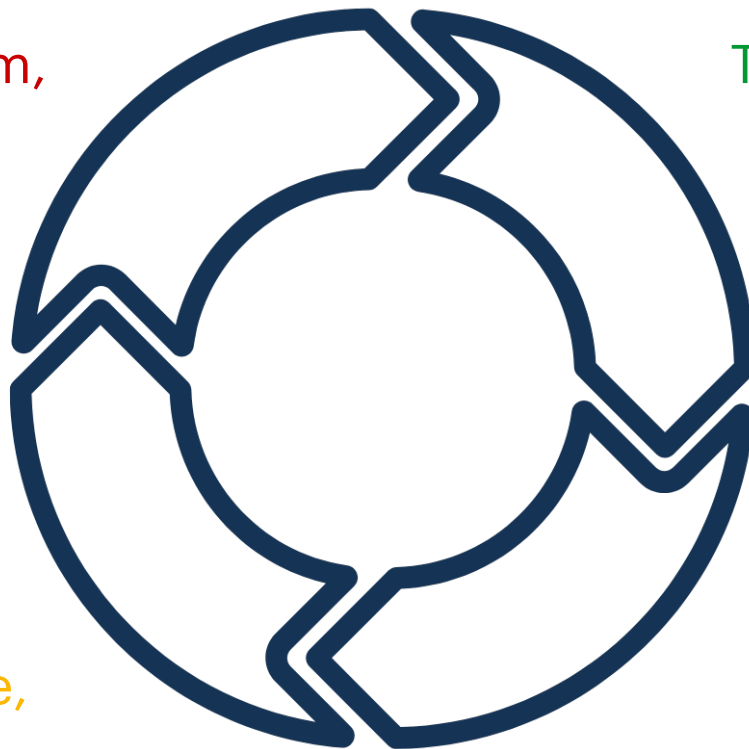




## Engagement

The more engaged I am,  
the better I perform

The better I perform, the  
more satisfaction I gain



The more positive  
emotions I experience,  
the more engaged I  
become

The more satisfaction I  
gain, the more positive  
emotions I experience



## Engagement Flow

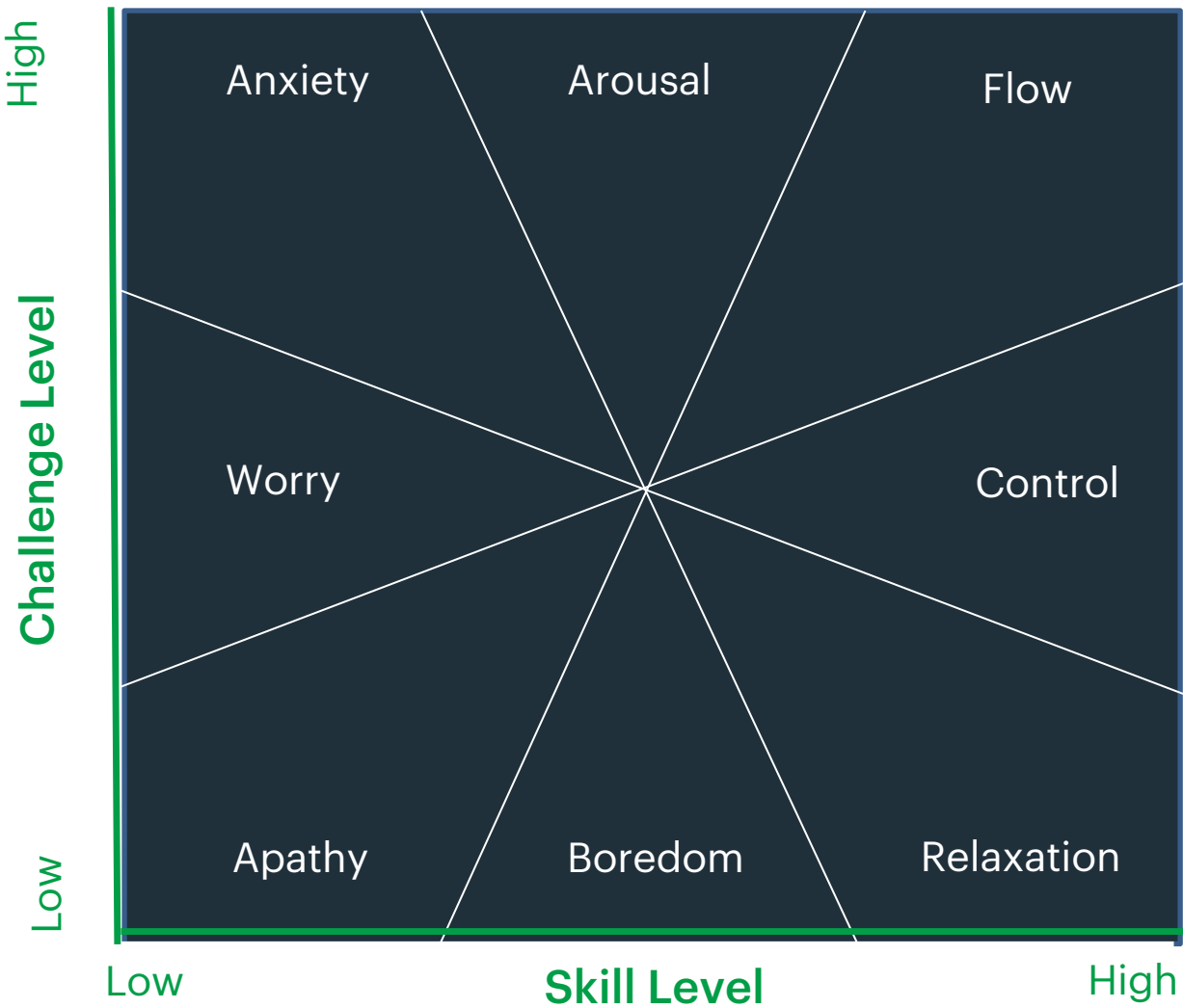
“The best moments in our lives are not the passive, receptive, relaxing times...The best moments usually occur when a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

- Mihaly Csikszentmihalyi





# Engagement Flow

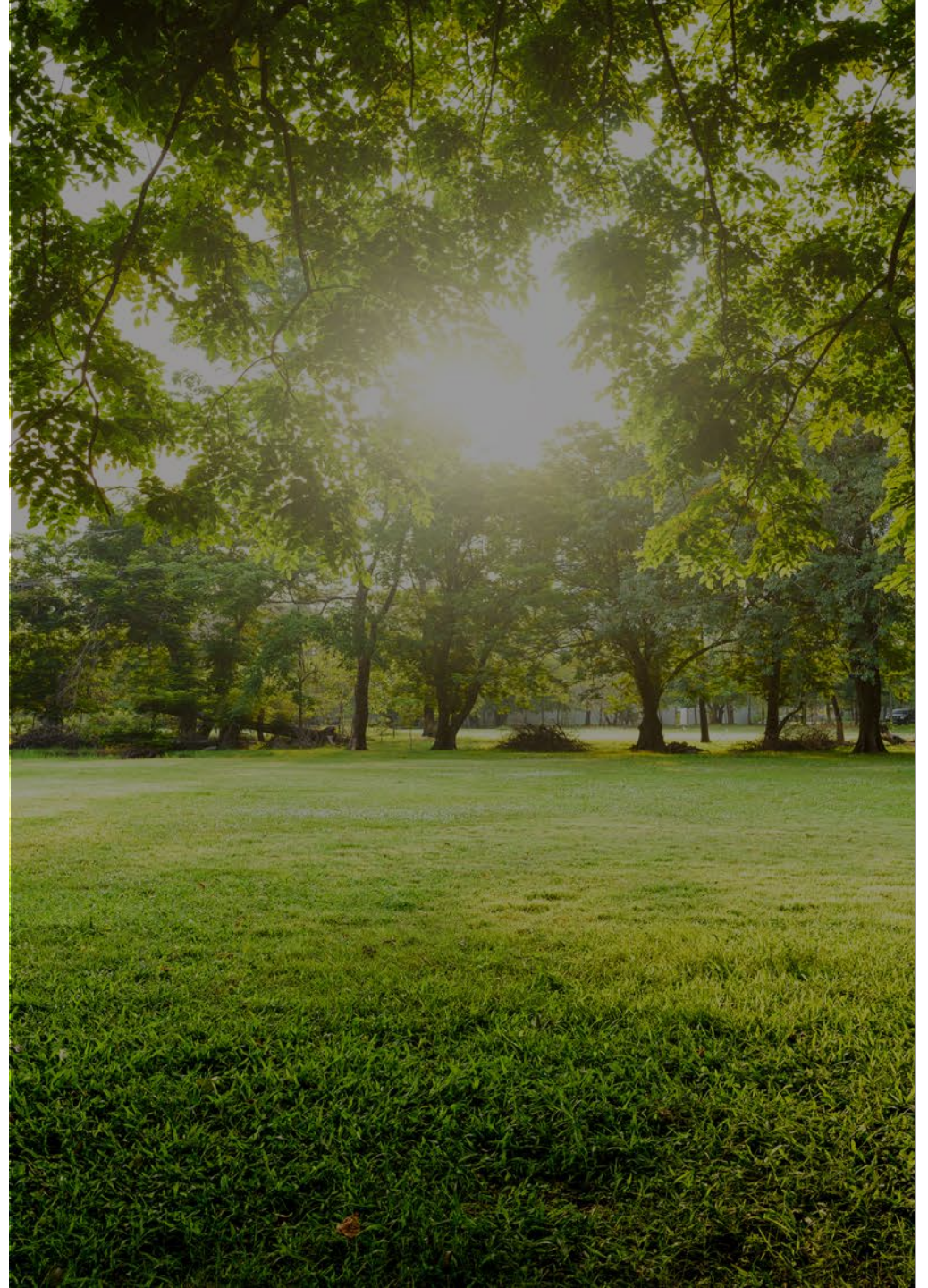




## Engagement Strengths

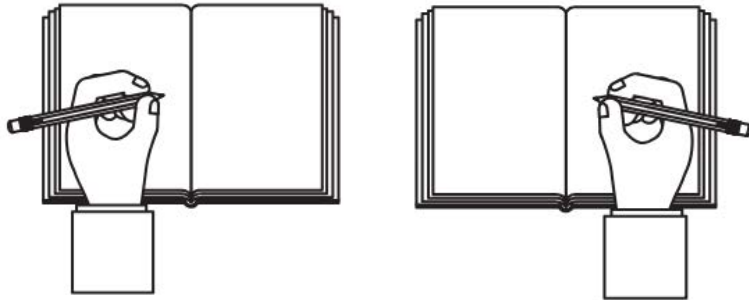
Simply put, strengths  
energise us, enabling us  
to be at our best.

- Alex Linley





## Engagement Strengths



“A person can perform  
only from strength.  
One cannot build  
performance on  
weakness, let alone on  
something one cannot  
do at all.”

Peter Drucker

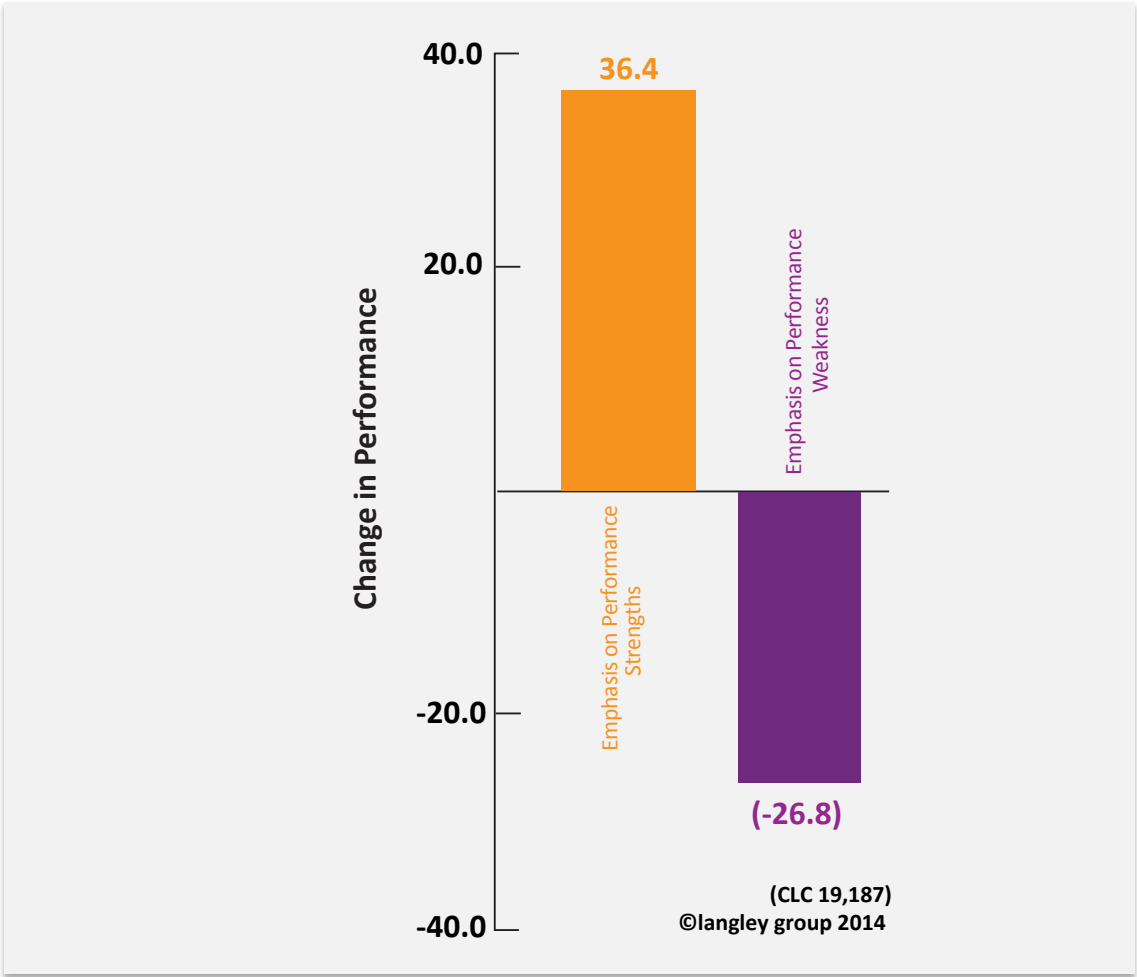


# Engagement

## Strengths

“Ignoring strengths in favour of weaknesses has a profound impact on individual performance. Emphasis on strengths is linked to a 36% improvement, while emphasis on weaknesses is linked to 27% decline.”

Corporate Leadership Council





# Engagement

## Strengths

People who use their strengths more:

- Are happier
- Are more confident
- Have higher levels of self-esteem
- Have higher levels of energy and vitality
- Experience less stress
- Are more resilient
- Are more likely to achieve their goals
- Perform better at work
- Are more engaged at work

Organisations who use their strengths more:

- Tap into unused talent
- Attract and retain more people
- Improve individual performance
- Build employee engagement
- Develop flexibility
- Improve teamwork
- Increase diversity and positive inclusion
- Increase openness to change
- Contribute to the happiness and fulfillment of employees



**Engagement**  
Strengths

# Strengths Assessments

VIA Character Strengths – FREE  
[www.viacharacter.org](http://www.viacharacter.org)

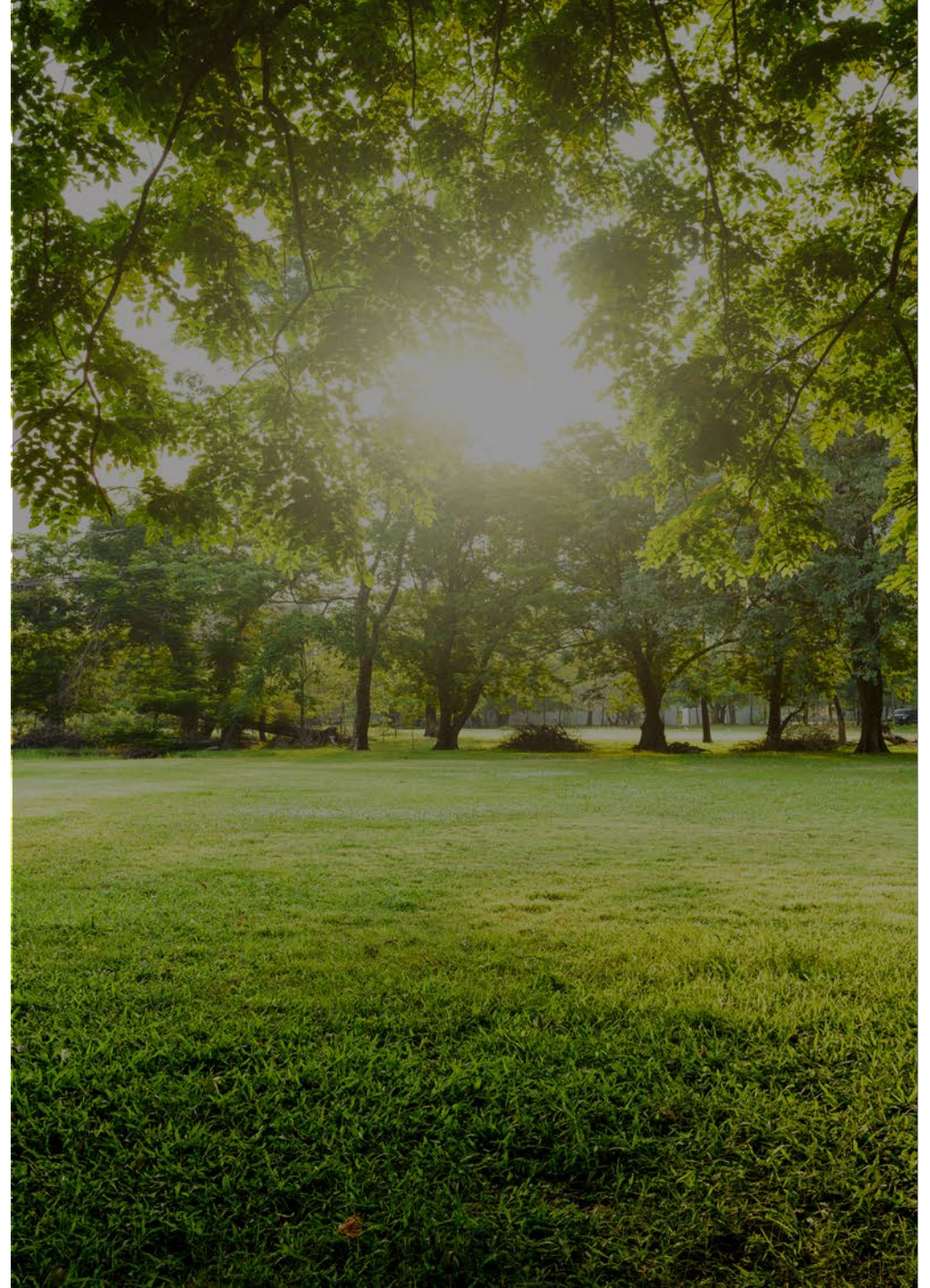
Strengths Profile  
[www.strengthsprofile.com](http://www.strengthsprofile.com)



## Relationships

“More than 70 years of research proved one very important thing. Our relationships with other people matter, and matter more than anything in this world.”

- Dr. George Vaillant





## Relationships

Communication

Positivity Ratio



3:1 PNR

[www.positivityratio.com/single.php](http://www.positivityratio.com/single.php)



## Relationships

Physical distancing

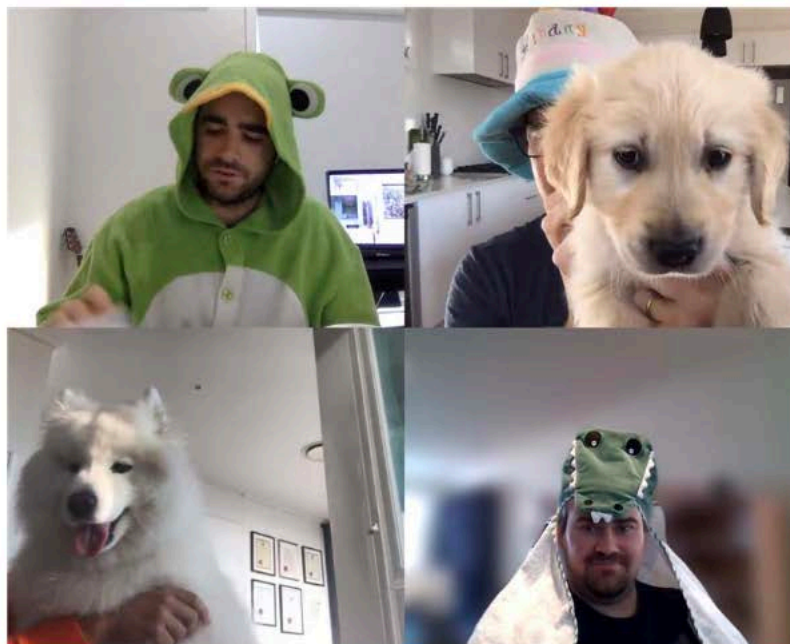


Ainsley Ryan - BEC 27/03 09:07



1

One week working from home and it's already a menagerie around here 😊





## Relationships

Physical distancing

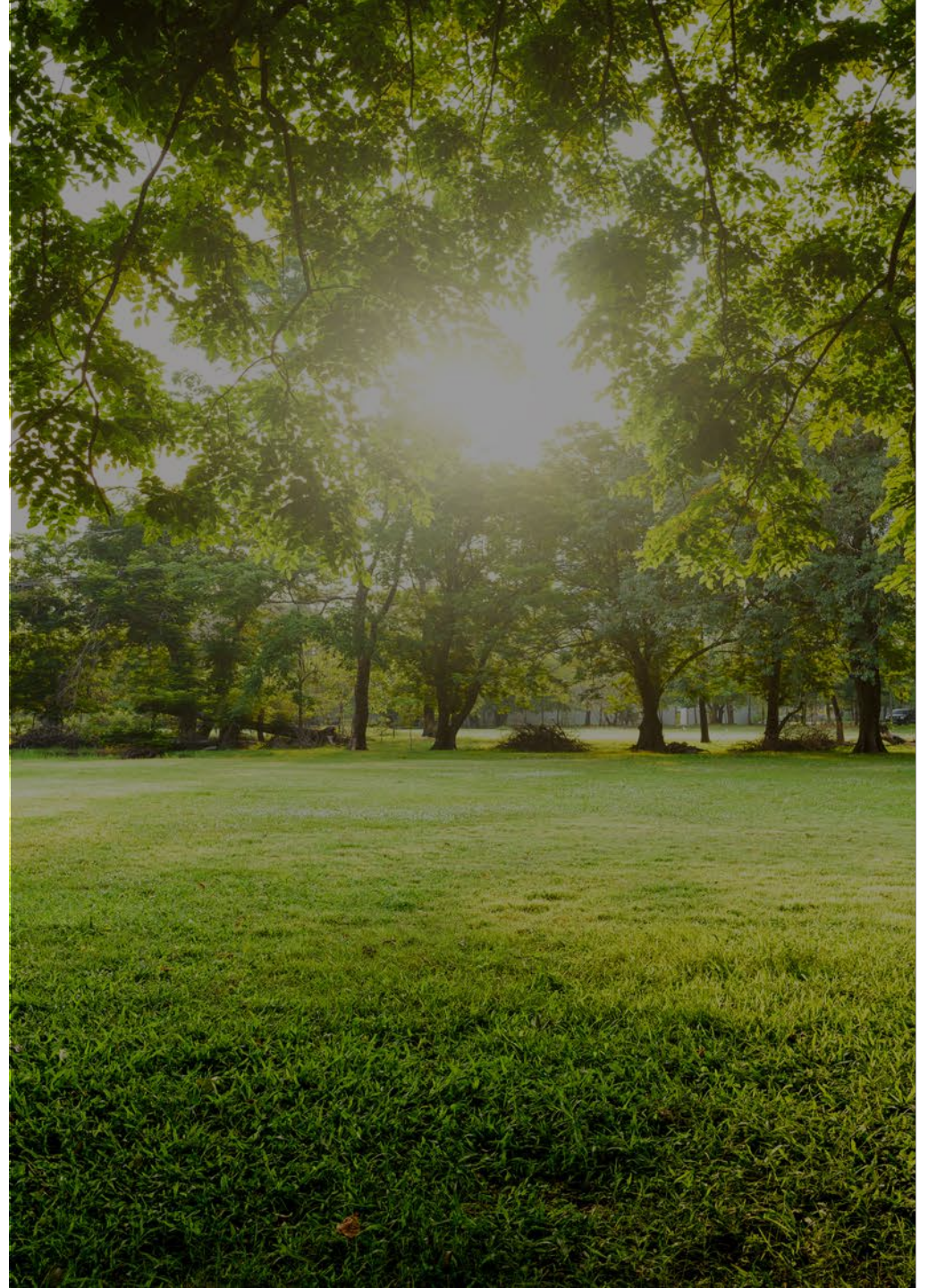


M

## Meaning

“Those who pursue all three lives  
- pleasure, engagement and  
meaning, have by far the most  
life satisfaction – with  
engagement and meaning far  
and away the biggest  
contributors to fulfillment.”

- Martin Seligman



M

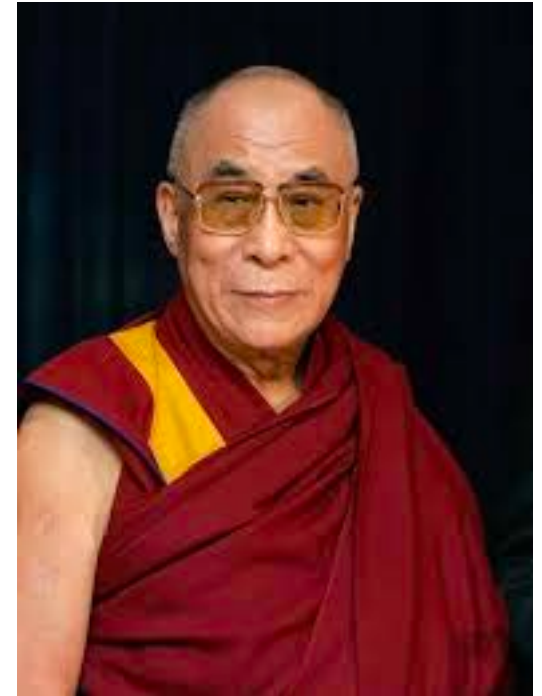
## Meaning



caring for others



equality



compassion

# M

## Meaning

‘We who lived in concentration camps can remember the men who walked through the huts **comforting others**, giving away their **last piece of bread**. They may have been few, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms — **to choose one’s attitude** in any given set of circumstances, to **choose one’s own way**.’

- Dr. Viktor Frankl



M

Meaning

 **hello!** If you are self-isolating, I can help 😊

My name is Jane

I live locally in Earl St

My phone number is 0437 123 456

If you are self-isolating due to COVID-19, I can help with:

<input checked="" type="checkbox"/> Picking up shopping	<input checked="" type="checkbox"/> Posting mail
<input checked="" type="checkbox"/> A friendly phone call	<input checked="" type="checkbox"/> Urgent supplies

**Just call or text me and I'll do my best to help you (for free)** 

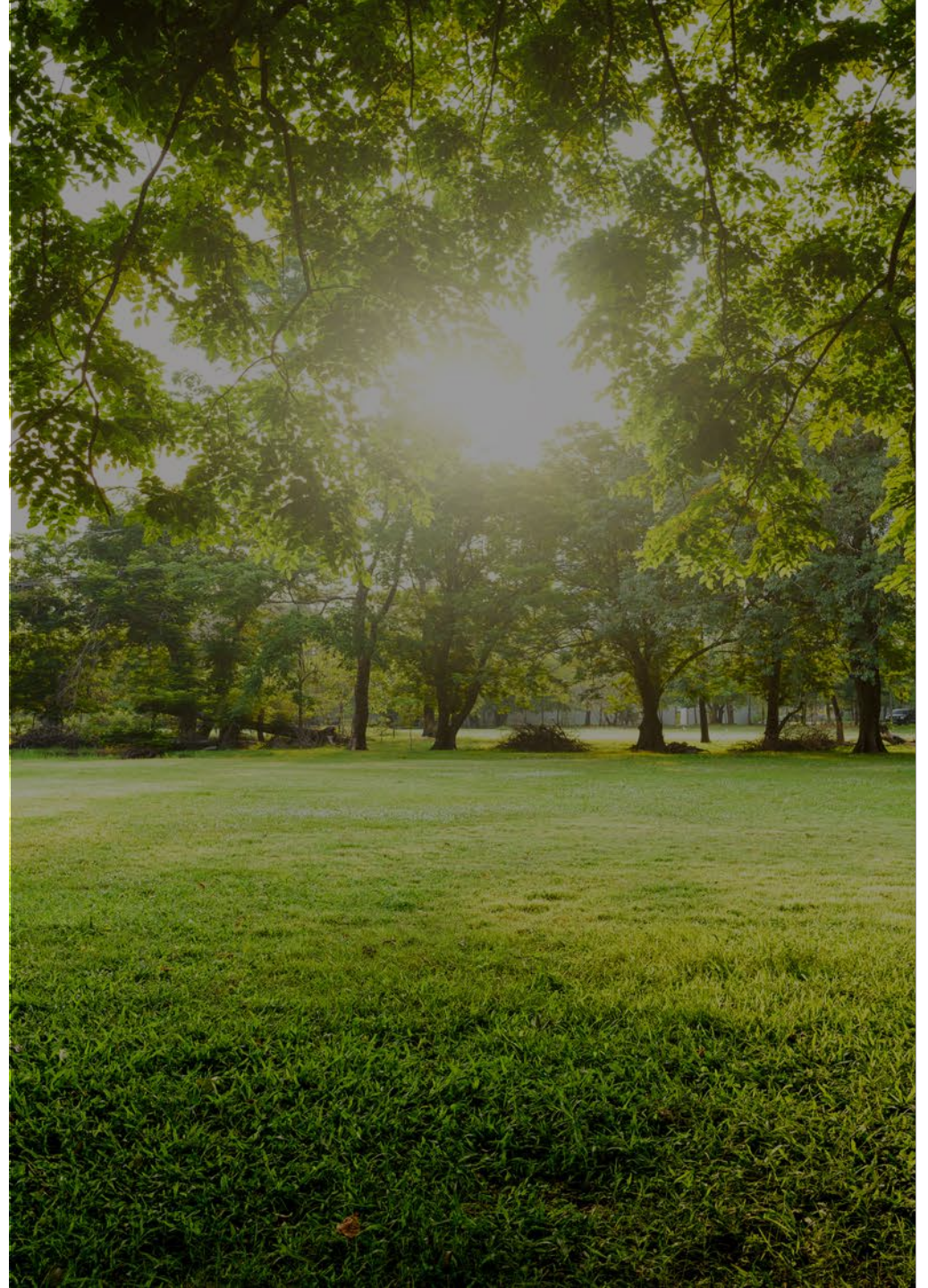
Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items will be left on your doorstep.



## Achievement

“Our potential is one thing. What we do with it is quite another.”

- Angela Duckworth





# Achievement

The GRIT Scale

	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to pursue a different one.	5	4	3	2	1
4. I am a hard worker.	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin.	1	2	3	4	5
7. My interests change from year to year.	5	4	3	2	1
8. I am diligent. I never give up.	1	2	3	4	5
9. I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

A

## Achievement

### The Growth Mindset

- I view challenges as opportunities
- I learn to give and receive criticism
- I like learning about new things
- I understand failure is an opportunity to grow
- I believe intelligence and talent is dynamic
- I am inspired by the success of others

### The Fixed Mindset

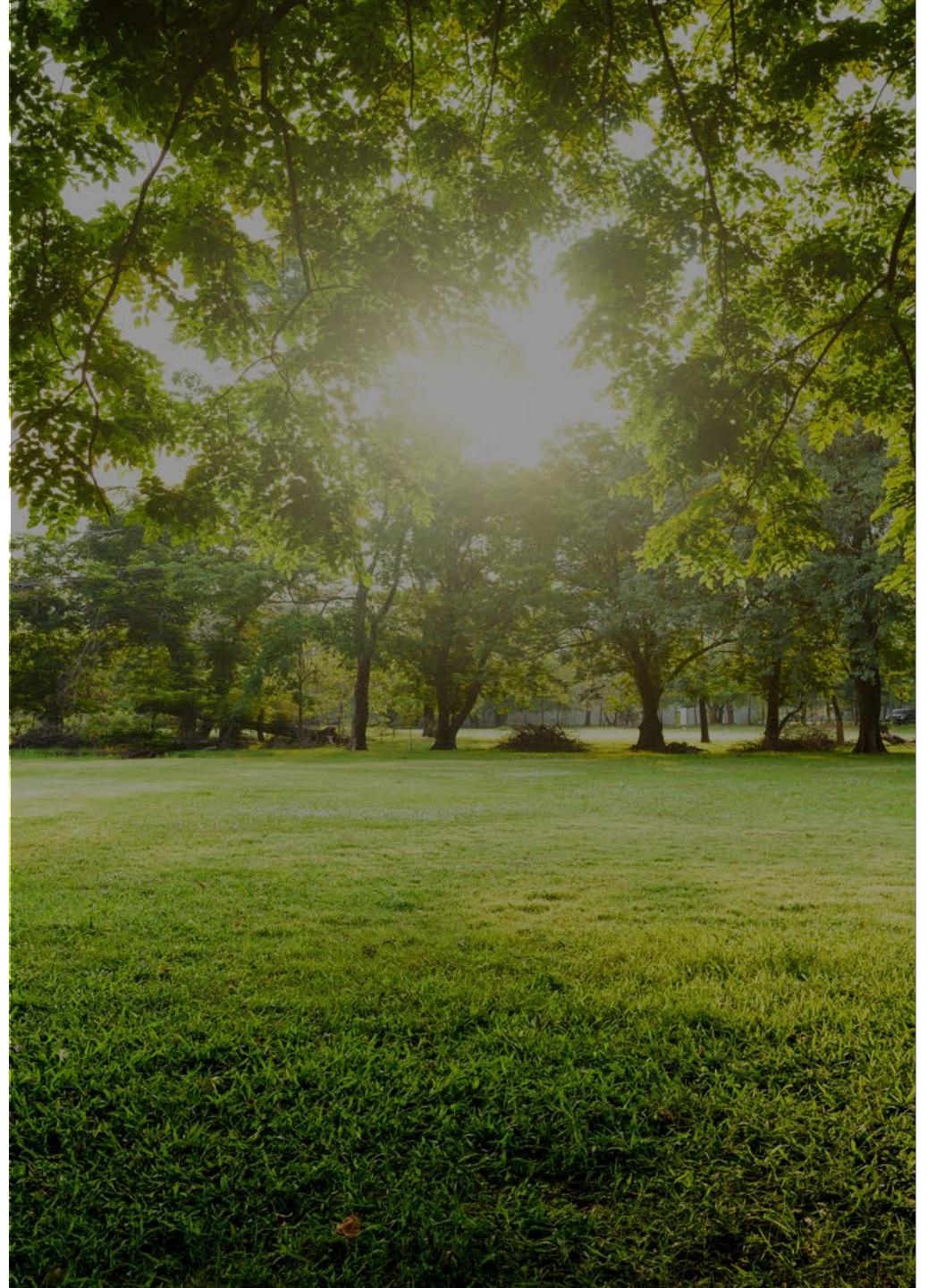
- I shy away from challenges
- I don't like criticism or feedback
- I don't like doing what I don't know
- I give up when I can't do something
- I believe intelligence and talent is static
- I am threatened by the success of others

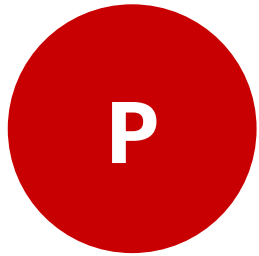


# Achievement

Developing a Growth Mindset

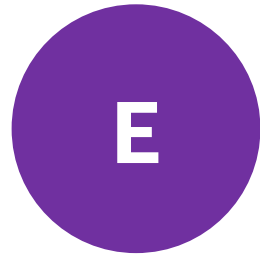
- Acknowledge and embrace imperfection
- Pay attention to your words and thoughts
- Stop seeking approval from others
- Turn criticism into an opportunity for growth
- Value the process over the end result
- “yet”





**Positive Emotion**

Feeling good



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Authentic  
connections



**Meaning**

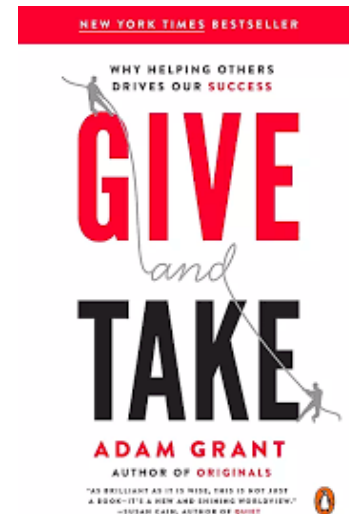
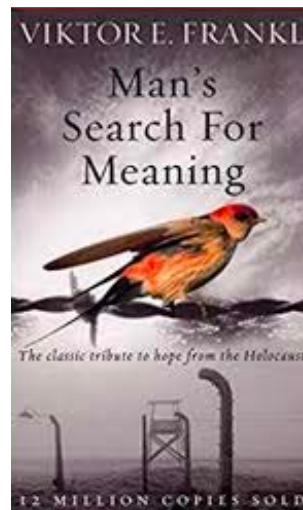
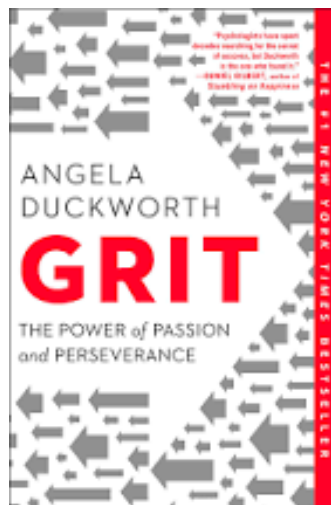
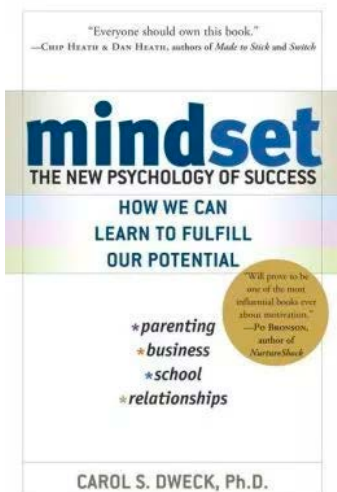
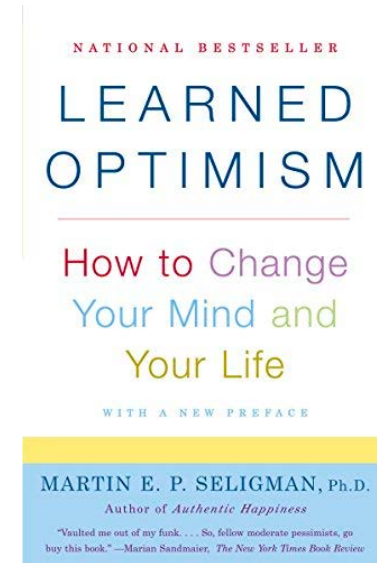
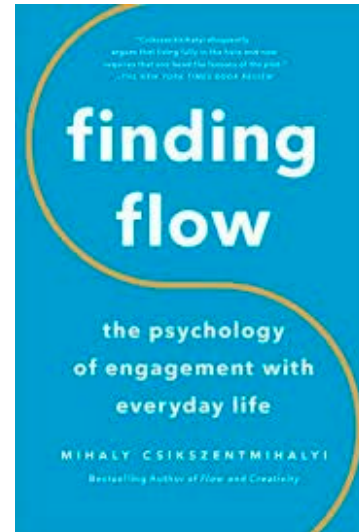
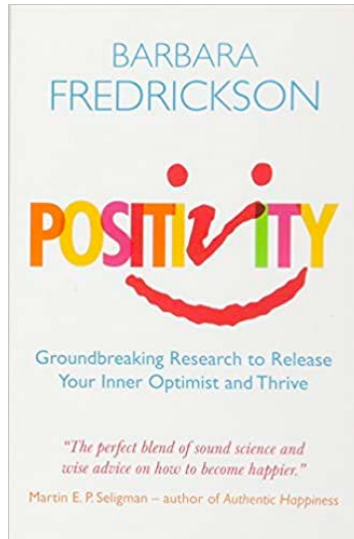
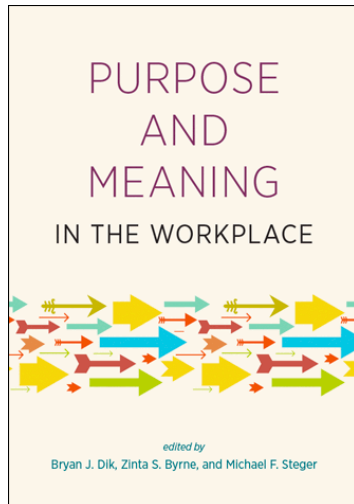
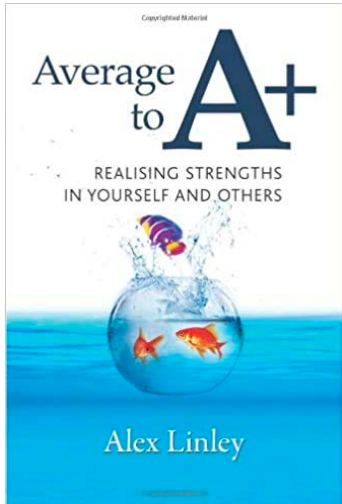
Purposeful  
existence



**Achievement**

A sense of  
accomplishment

# More info & resources to explore



Podcast  
Making Positive Psychology Work – Michelle McQuaid

Website Resources  
[www.langleyschools.com.au](http://www.langleyschools.com.au)  
[www.michaelfsteger.com](http://www.michaelfsteger.com)

Strengths Assessments  
[www.viacharacter.org](http://www.viacharacter.org)  
[www.strengthsprofile.com](http://www.strengthsprofile.com)

# BUILT ENVIRONMENT CHANNEL

**ARCHITECTS  
LEADERSHIP  
SERIES**

**Culture +  
Wellbeing**

## A thriving architecture practice needs happy, thriving people.

[www.becnetwork.com.au/events](http://www.becnetwork.com.au/events)



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[theassociationofarchitects.com.au](http://theassociationofarchitects.com.au)



Langley Group