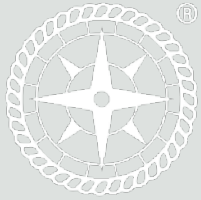




**THE
OUTWARD
BOUND TRUST**

FEELING GOOD AND FUNCTIONING WELL: THE OUTWARD BOUND TRUST AND WELLBEING

#MORETHANYOETHINK

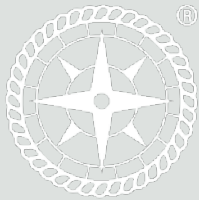


THE
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What is wellbeing?

“a state in which the individual realises his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.” (World Health Organization)

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What is wellbeing?

**Positive emotion:
feeling good**



**Positive functioning:
functioning well**



**Human
flourishing**

Developing
potential

Able to learn &
work productively

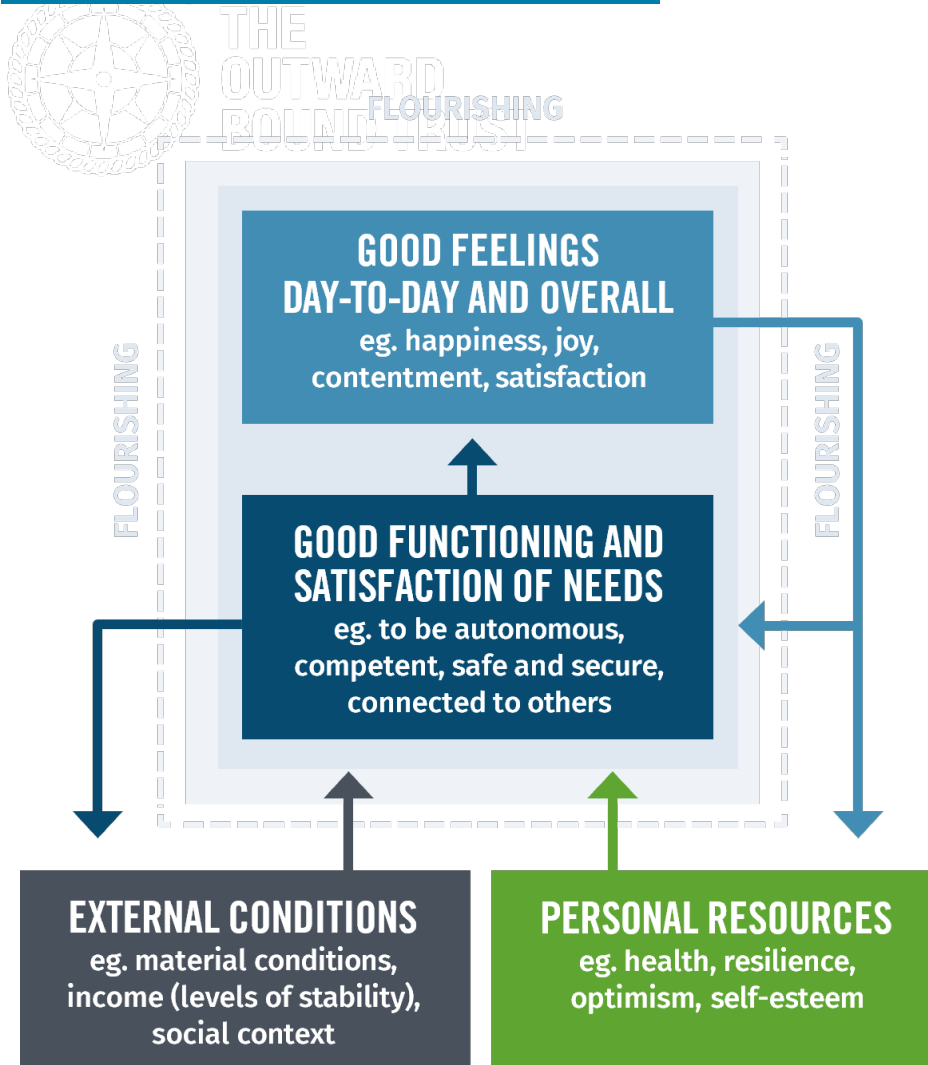
Strong / positive
relationships

Mental & physical
health

Able to
contribute to
community

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What is wellbeing?



“Sustainable well-being does not require individuals to **feel good all the time**; the experience of **painful emotions** (e.g. disappointment, failure, grief) is a **normal part of life**, and being able to **manage these** negative or painful emotions is **essential for long-term well-being.**”

Felicia A Huppert. *Psychological Well-being: Evidence Regarding its Causes and Consequences*. International Association of Applied Psychology: Health and well-being, 2009

NEF's dynamic model of wellbeing
Source: Measuring Wellbeing: A Guide for Practitioners (NEF)

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The state of young people's wellbeing in the UK

While at school...



Reports show the UK has some of the lowest levels of wellbeing compared to other European nations.

By age 15:

- They're the **least satisfied with their lives**
- They rank the **lowest** for having a **sense of purpose** in their lives
- They have the **second highest level of sadness**

Source: OECD PISA study

What might be driving this?

- Fear of failure
- Lack of confidence / self-belief
- Pressure to be perfect / succeed
- Inequalities in mental health & wellbeing e.g. socio-economic background

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The state of young people's wellbeing in the UK



The impact of the Covid-19 pandemic



43% of young people said their anxiety had increased due to the pandemic.

47% do not feel in control of their lives.

69% said they felt like their lives were on hold.

Source: The Prince's Trust Youth Index

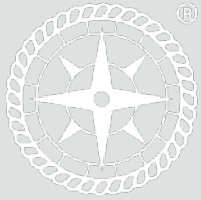
What does this mean for young people entering the workplace?

- **Low confidence** and **resilience**; **lower self-esteem** and **increased anxiety** / mental health issues
- **Poorer social interaction**, leading to **challenging relationships**; standards of behaviour below expectation
- Difficulties settling in and concentrating; **lacking skills to be effective learners**

Source: Education recovery in further education and skills providers: spring 2022. Ofsted 2022.

- Employers are seeing a **lack of maturity** and basic **social & teamworking skills** vital for professional environment
- **43% of young people** feel the pandemic has **damaged their long-term career prospects**
- **61% of employers** have reported **increased demand for mental health support**

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“External circumstances affect our well-being, but our actions and attitudes may have a greater influence. Interventions which encourage positive actions and attitudes have an important role to play in enhancing well-being.”

Felicia A Huppert. *Psychological Well-being: Evidence Regarding its Causes and Consequences*. International Association of Applied Psychology: Health and well-being, 2019

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The Five Key Drivers of Wellbeing

Adapted from What Works for Wellbeing's evidence-based model



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