

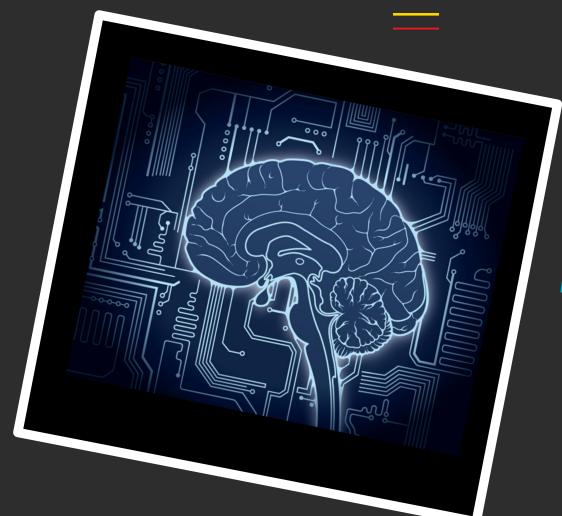
How to harness purpose to drive wellbeing and performance

26th April, 2023

Dr Kate Goodger C. Psychol

5 Park Road, Richmond, Surrey TW10 6NS 29.7.22 Dea Noah Jones and poem And that year too te uatwak world I am soglad your anjoy my praymance. Best circle from David Attenborough





Biology

Meaningfulness*
Belonging
Purpose



What is purpose?

Making a contribution that is meaningful to the self and has a consequence to the wider world.

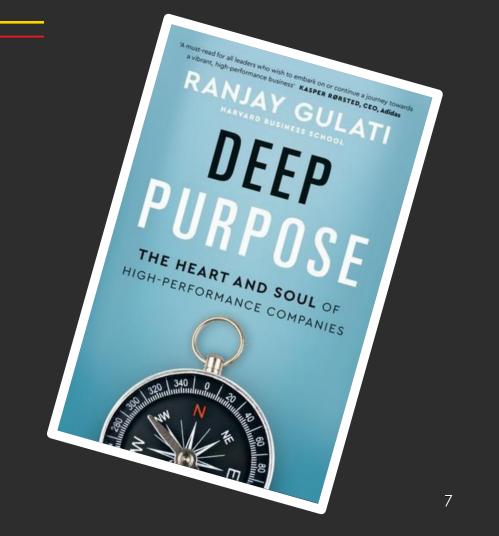
99



Inspire and develop the builders of tomorrow

Organising principle

- Motivational
 - Directional
- Reputational
 - Experiential



Doing well

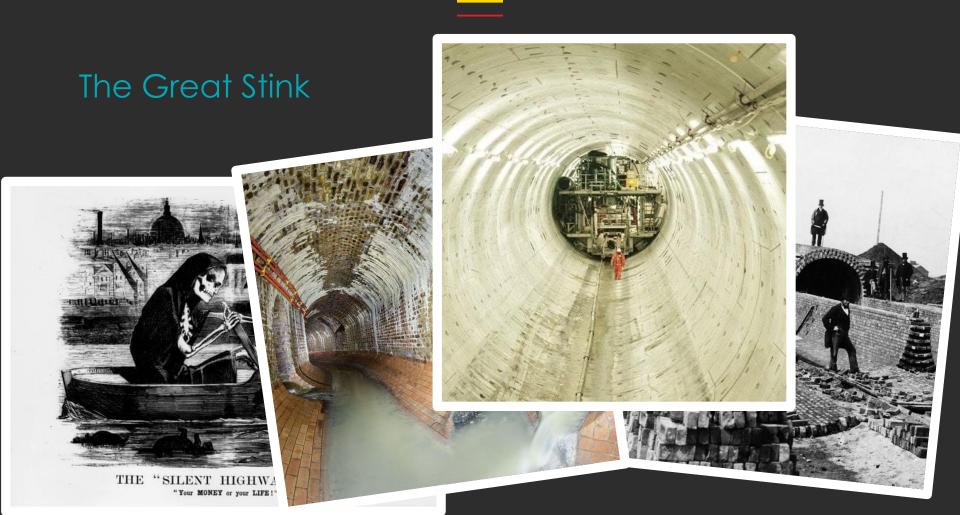
Doing good



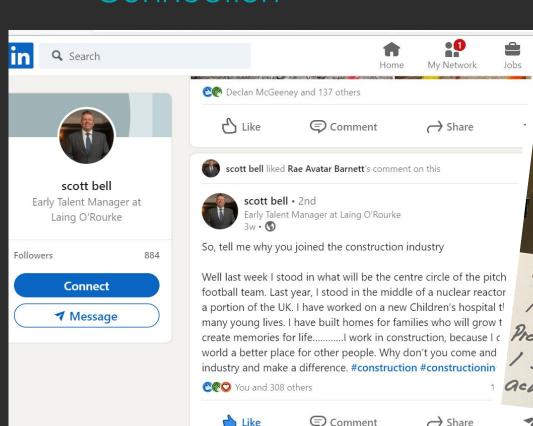
Oprah is awesome but it isn't about being Oprah

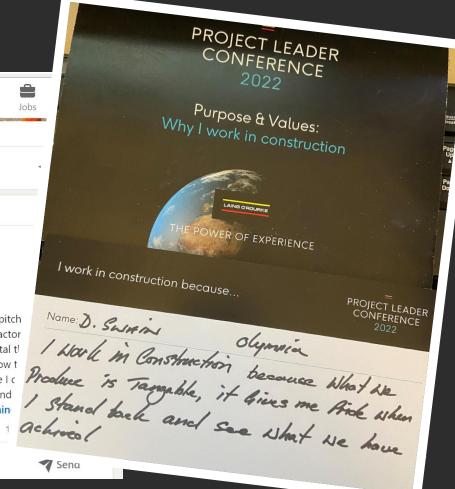


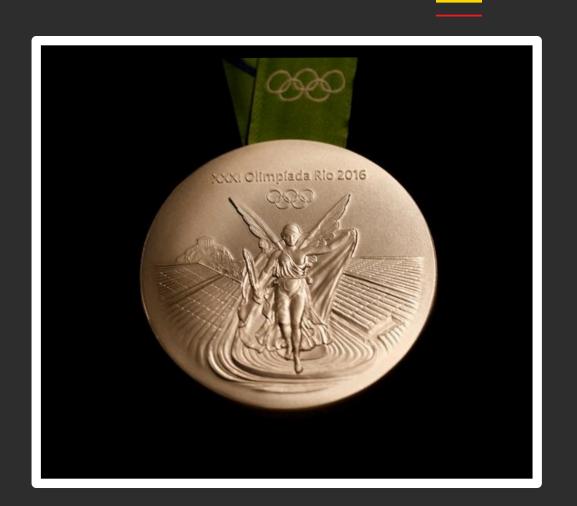




Connection







Values

Living above and below the line

Appreciation vs recognition