



MEWS

MANAGERIAL EXECUTIVE WELLBEING SURVEY

Inspire leaders to be and do their best – at work and at home.

Harness the power of MEWS to drive wellbeing and sustainable performance.

Coaches, psychologists and organisations worldwide use MEWS to help senior leaders and their teams tackle wellbeing priorities head on.

This uniquely holistic tool uses rigorous, evidence-based research to deliver deeper insights into what shapes senior leaders' ability to perform at their best.

MEWS goes further than other wellbeing surveys. It delves deeper, focusing on the 'whole person' by tackling the 'silent' derailers in today's fast-paced, uncertain, ambiguous and complex times.

The result is enhanced wellbeing, stronger engagement, greater resilience, improved productivity and sustained high performance.

Get expert advice and actionable steps to drive:



Greater wellbeing



Enhanced resilience



Sustained high performance



Increased engagement

How to use MEWS to positively impact outcomes for individuals and organisations.



For Executive Coaching

Clients are increasingly expecting coaches to have expertise in workplace wellbeing. Develop your wellbeing toolkit and grow your business further – join the 150 accredited coaches worldwide using MEWS in leadership coaching scenarios:

- Gain greater understanding about how wellbeing often underlies leadership issues
- Fast track deeper and more meaningful coaching conversations
- Use wellbeing insights to drive change across common coaching goals, including people leadership, stakeholder engagement, conflict resolution, career transition, building resilience and reducing stress and burn out.



For Diversity & Inclusion

Add significant value to Diversity & Inclusion programs by navigating the pressures and challenges accompanying life as a senior leader today. MEWS promotes self-awareness and clarity of choice around key wellbeing strategies:

- Create inclusive, psychologically safe cultures that integrate trust, respect, feeling valued, acknowledgement and acceptance
- Highlight where these values are missing at individual, team and leadership levels
- Enable detailed exploration of the practical and emotional challenges for working parents, carers, female leaders and others.



For Leadership Development

Join the progressive organisations using MEWS to sustain a culture of high performance and innovation. Understanding and enacting wellbeing will be a core capability for leaders of the future, one that underpins their own and their teams' performance. Use MEWS to:

- Build leaders' wellbeing capability – their attention, motivation and commitment to optimising energy, productivity and performance
- Acknowledge leaders' impact on others' wellbeing via their actions, role modelling and culture, practices and policies
- Identify common leadership themes and redirect investment into targeted interventions that build sustainable performance.



For Team Coaching

Exploring wellbeing patterns across a team is a powerful, illuminating process. MEWS can help by drilling down to specific wellbeing impacts, facilitating a deeper shared understanding about what strategies can sustain team vitality and energy for the long haul:

- Review aggregated results to uncover and address the common themes affecting a team's wellbeing and performance
- Use MEWS with leadership teams impacted by mergers, acquisitions and restructures
- Combat VUCA effects that heighten concerns around team dynamics, morale, burnout and coping strategies.



For Wellbeing Programs

Research shows the most successful wellness programs address an individual's specific wellbeing drivers. MEWS helps determine which factors have the greatest impact and delivers targeted, meaningful interventions rather than a 'one-size fits all' approach:

- Explore and mitigate the risks of burnout
- Enhance capacity for conscious choices in highly demanding work environments
- Investigate how leaders and policies can evolve to boost a better wellbeing work culture.

Get greater insights into what's driving senior leaders' performance and wellbeing today.

Discover how MEWS can help leaders better navigate workplace pressures and challenges. Get detailed client stories and testimonials at www.mewswellbeing.com.au now.