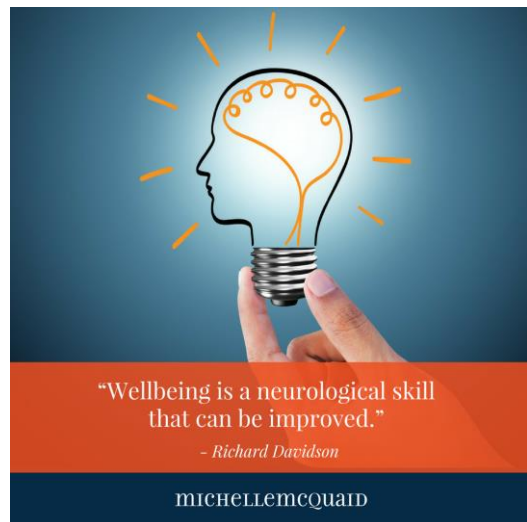




Kon'nichiwa!

This week's newsletter comes to you from Japan where I'm typing this in my kimono. For the full effect be sure to check it out here on [facebook](#)!

In addition to brushing up on my very rusty Japanese, here are the three things we learnt this week:



- **Can You Train Your Brain For Wellbeing?** - [Grab this week's podcast](#) with Dr. Richard Davidson on what the latest studies in neuroscience are discovering about training our brains for wellbeing. Be sure to check out the three simple practices his research recommends.
- **Does Your Workplace Speak The Language Of Wellbeing?** Last week I sat down with Associate Professor Lindsey Oades from Melbourne University and explored how we can embed wellbeing practices across our workplaces. [Find out why](#) he believes that organizational wellbeing is not simply the sum of additional wellbeing, and why building a culture of wellbeing literacy could be one of the keys to creating positive change across a system.

- **Can You Make Organizational Change Easier?** Recently I interviewed Garry Davis on his award-winning work to introduce positive leadership practices into workplaces. [Read more about his approach](#) on how you can tailor your change approach for the needs of everyone, from your change champions to your change terrorists, with a positive psychology lens.

After all as the Japanese proverb wisely suggests: "Giving birth to a baby is easier than worrying about it." (Meaning that an attempt is often easier than expected).

Warmest wishes,
Michelle

P.S. Thank you to everyone who has already helped us support the evolution of Dr. Peggy Kern's new PERMAH Workplace Wellbeing Measure. If you haven't yet but would like to help Peggy, yourself and others to improve wellbeing in workplaces [please click here now](#).

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CONTACT