

Occupational Wellness – What is it and how do I achieve it?

- You've earned your degree, you landed a job but you don't feel fulfilled
- You got laid off and you don't want to land just any job, you want to use this opportunity to find your calling

Occupational wellness is tied to seeking and discovering our calling or destiny in life! Each of us has undeniable gifts and a natural set of skills that when we explore them and put them to work, it will cause work to feel effortless and fulfilling. Many people pass on the opportunity to step into their calling because they do not recognize it as their calling. They have in mind what they *want* to do and miss what they are *meant* to do.

We will know we have arrived to our "meant-to-be" work destination because we will feel enriched and satisfied with what we are doing. We will also know because it will serve others, even though it may not be a job in the service industry or it may be a "behind-the-scenes" type position. Your destiny job will serve others because our work purpose is to serve - from the C-Suite to the Custodian.

The book **Well with God** takes you on your unique journey to discover your calling in life, where you will achieve occupational well-being. You will also explore the rest of the 8 dimensions of wellness, so you can attain more balance in your life.



THE 8 DIMENSIONS OF WELLNESS

- PHYSICAL
 - FINANCIAL
 - MENTAL
 - ENVIRONMENTAL
 - OCCUPATIONAL
 - INTELLECTUAL
 - SOCIAL
 - SPIRITUAL
-

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