

Presentation in Zurich - Greater Well Being Leads to Better Performance at Work

BREE HUTCHINSON

In April, Specialist Associate Cate Borness presented a paper at the 10th European Academy of Occupational Health Psychology Conference in Zurich. Cate's paper focused on *Boosting the Cognitive Capacity and Mental Health of Working Australians*.

Cate's presentation was part of her PhD research where she found: *'control training improved stress, quality of life and overall psychological well-being ... showing improvements across measures of intention to quit, professional self-esteem, depressive symptoms, psychological well-being and job satisfaction. There were also numerous significant correlations between measures of well-being and productivity.'*

Cate and Dom invite you to discuss ways we can help you to boost your organisation's productivity along with your staff's creativity, innovation and problem solving capacity.

Click to see an abstract of Cate's paper: [Cate's Conference Abstract 2012](#)



For more information contact:

People At Their Best | info@peopleattheirbest.com.au | www.peopleattheirbest.com.au | PH: 02 8006 1173