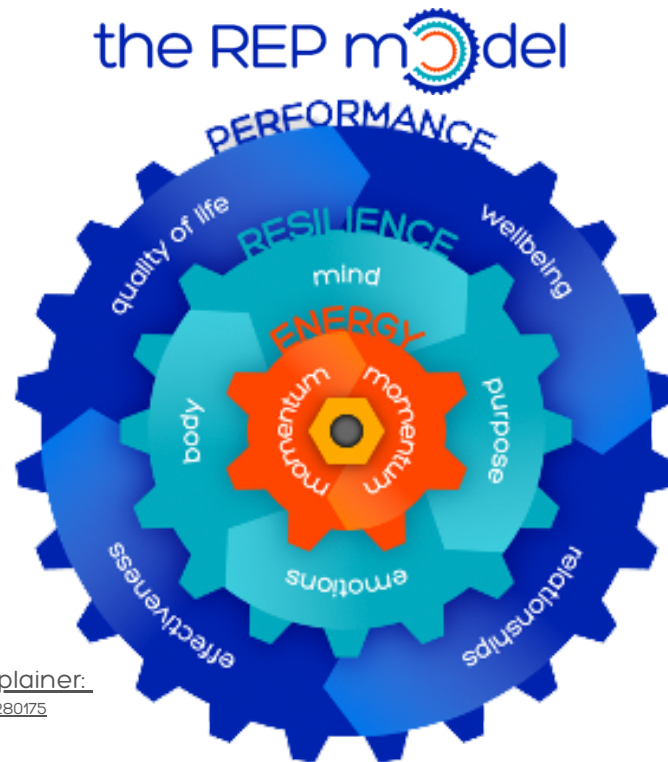


# Momentum4: Wellbeing



LINK: The REP Model Video explainer:  
The REP Model: <https://vimeo.com/796280175>

## REP: Resilience+Energy=Performance

The REP Model sits at the centre of the M4's learning philosophy and provides an agile framework for action re an integrated approach to Wellbeing.

### The REP Model framework supports:

**RESILIENCE:** Resilience is about developing the capacity to prepare for, recover from, adapt and move forward with agility and energy, in the face of stress, adversity or challenge...in short, it enables us to 'get the job done', efficiently and effectively, with energy to spare.

By building personal energy and momentum, this enables you to focus on the four dimensions of resilience:

### Body - Mind - Emotions - Purpose

It is essential that resilience competencies are strengthened over time, by incorporating them into day-to-day living ...and not just used to fight fires.

### Learning outcomes:

By increasing self-awareness within the 4 dimensions, it will enable you to recognise firstly, if you are leaking energy, and secondly, identify from what dimension you may be leaking energy from. The insights gained, then allow you to focus your attention to where it is needed to boost energy... energy flows where attention goes.

**Resilience initiatives** - explores actionable resilience behaviours/skills in the 4 resilience dimensions:

- **Body:** move, eat, sleep...honour the bodies design.
- **Mind:** apply critical thinking, problem solving, make better decisions, increase focus.
- **Emotions:** compassionate communication (empathy), navigating emotions, dealing with stress/overload, recognising patterns.
- **Purpose:** intrinsic motivation, knowing your 'why', being purposeful with a clear direction...living life 'on purpose'.

By developing overall resilience across all 4 dimensions, it has a positive impact on wellbeing, resulting in a greater ability to perform at your best and operate in the optimal zone i.e. sustainable high performance.

**ENERGY:** We believe that energy is our superpower, it's the corner stone of performance and wellbeing. Without energy, we are limited to what we can do and achieve. This is why energy sits at the centre of the REP model, giving you the momentum to move towards your goals and aspirations.

### Learning outcomes:

**Energy management** - using simple life hacks, learn how to:

: **Create energy - Maintain energy - Renew energy**

·**Energy boosters/energy drains:** Increase self-awareness of the impact of energy levels. Establish 'go to behaviours' that boost energy/notice when your 'early warning system' is indicating energy is draining.

·**E-Score tool:** 'E' stands for 'Energy' - Using a scale of 1-10: Track and monitor your energy levels on a daily/weekly basis, by checking in with yourself with M4's simple feedback tool.

·**Energy Assessment:** a quick energy assessment that measures energy, viewed through the lens of the 4 dimensions of resilience (body, mind, emotions, purpose).

**PERFORMANCE:** Sustainable high performance is key for individuals, teams and organisations to achieve consistent success over time...The REP Model views performance through four areas:

### **Wellbeing - Relationships - Effectiveness - Quality of life**

These categories are further divided into 8 Performance Indicators, which enable a deeper dive into performance outcomes.

#### **Learning outcomes:**

By increasing self-awareness and upskilling of the 8 PI's, this adds to the tangible value and the impact of The REP Model i.e. resilience + energy = performance.

- **Wellbeing**
  - 1. Balance: Prioritise, manage stress, and be fully present
  - 2. Health: Maintain optimal physical energy and functioning
- **Relationships**
  - 3. Network: Build multiple relationships, creating alliances, and support
  - 4. Community: Maintain mutually caring connections & increase belonging
- **Effectiveness**
  - 5. Influence: Motivate and involve others
  - 6. Decision Making: Select the most effective option/the right choices
- **Quality of life**
  - 7. Achievement: Accomplish more meaningful goals
  - 8. Satisfaction: Feel appreciation about your life and efforts

The REP Model provides the connected thinking that is sophisticated enough to drive long-term transformation, but is also simple and agile enough, to successfully navigate through challenges as they occur.

The REP model enables content to be curated and then delivered in a logical framework. The delivery methods follow a blended learning strategy, that creates an ecosystem of responsible self-management, which supports a strong wellbeing culture.

**The REP Model inspires actionable resilience to live an optimal life!**