



Corporate Culture of High Performance **Checklist**



WWW.GROWWITHFLOWERS.COM

WHAT'S INSIDE

1

The Checklist

You'll review the list and give yourself points to help highlight your current strengths and weaknesses.

2

The Scorecard

Next, you'll tally up your totals to see exactly where you currently stand to know where to start.

3

The Studies

Learn why each step and evidence-based strategy is key to accomplishing the results you seek.

4

The Peak Performance Process

Now, see how this fits into the Grow With Flowers full signature system to help you accelerate growth.



GROW *with*
FLOWERS

In the ever-evolving business world and corporate landscape, the importance of a high-performance culture and overall employee well-being cannot be overstated. **A healthy workforce is not just a happier one; it's a more productive and profitable one.**

I've seen firsthand the transformative impact that a strategic focus on leadership development and workplace well-being can have on businesses, teams, individuals, stakeholders, and the bottom line.

This resource is designed to guide corporate professionals in fostering a culture of high performance, well-being, health, and happiness within their organizations to drive results.

By embracing this checklist, taking the appropriate next steps, and cultivating the signature system shared here, businesses can unlock a plethora of benefits snowballing into a cascading ripple effect. Not only will you witness increased revenue, resilience, energy, focus, creativity, and productivity, but you can also benefit from a reduction in on-the-job errors, healthcare costs, absenteeism, and employee turnover.

Remember, the journey to a healthier, happier, high-performance workforce is ongoing, but the rewards are well worth the effort. Your organization's success is intimately tied to the well-being of its leaders and employees, and by taking the deliberate steps in the checklist below, you'll be propelling your business toward a brighter future.

For each checklist item below, give your company a score from 0 to 10.

0 = NON-EXISTENT

10 = THE DATA PROVES WE ACE THIS

TOPICS

SCORE

Leadership demonstrates a commitment to integrating optimal well-being into the core values to create a culture of high-performance

Goals and objectives are clearly defined and well-being for human optimization is integrated into the overall business strategy plan

Employee needs and desires are assessed to identify and provide a diverse variety of options to cater to unique preferences

Regular communication and education keeps employees engaged, informed, and motivated to make empowering choices

A positive workspace and environment encourages physical activity, healthy eating, mental health, and stress reduction

A comprehensive benefits package provides a range of health-related options that focus on inclusivity and celebrate success

Employees are encouraged to prioritize self-care, and leaders set a positive precedent for work-life well-being

An open environment normalizes conversations about stress and emotional well-being and the resources and support available

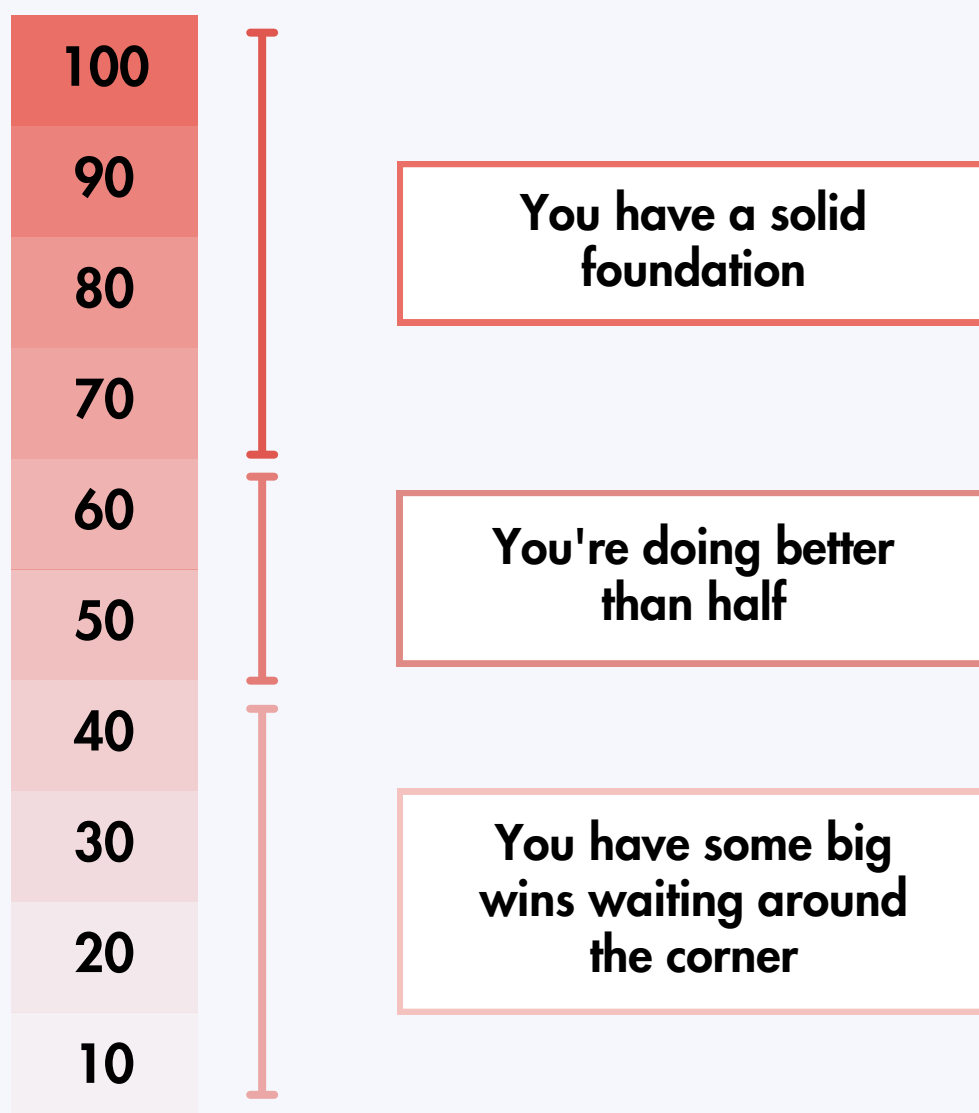
Metrics are used to gauge the impact of offers, and efforts are refined based on the data to ensure maximum effectiveness

Leadership regularly gathers input to adjust as needed while staying informed about the latest trends and relevant research

**TOTAL
SCORE**

Now see how your total score above measures up below.

If you scored 100 - way to go, and keep it up. If you didn't quite ace it, congratulations on being willing to take a look at areas where there's room for improvement. To increase your score, contact Grow With Flowers now to discuss how we can help.



Studies Support These Initiatives

The "Well-being Study" by Great Place to Work reveals a stark contrast in employee well-being between the average U.S. company and the top 100 companies to work for.


16%
AVERAGE

58%
TOP 100

Only 16% of employees in the broader workforce experience high well-being versus 58% in the top 100 companies.

This discrepancy underscores the challenges CEOs face in curbing employee turnover and fostering a positive workplace culture. It highlights the ineffectiveness of superficial solutions and stresses the need to address the root causes of employee discontent to achieve lasting improvements in organizational culture and performance.





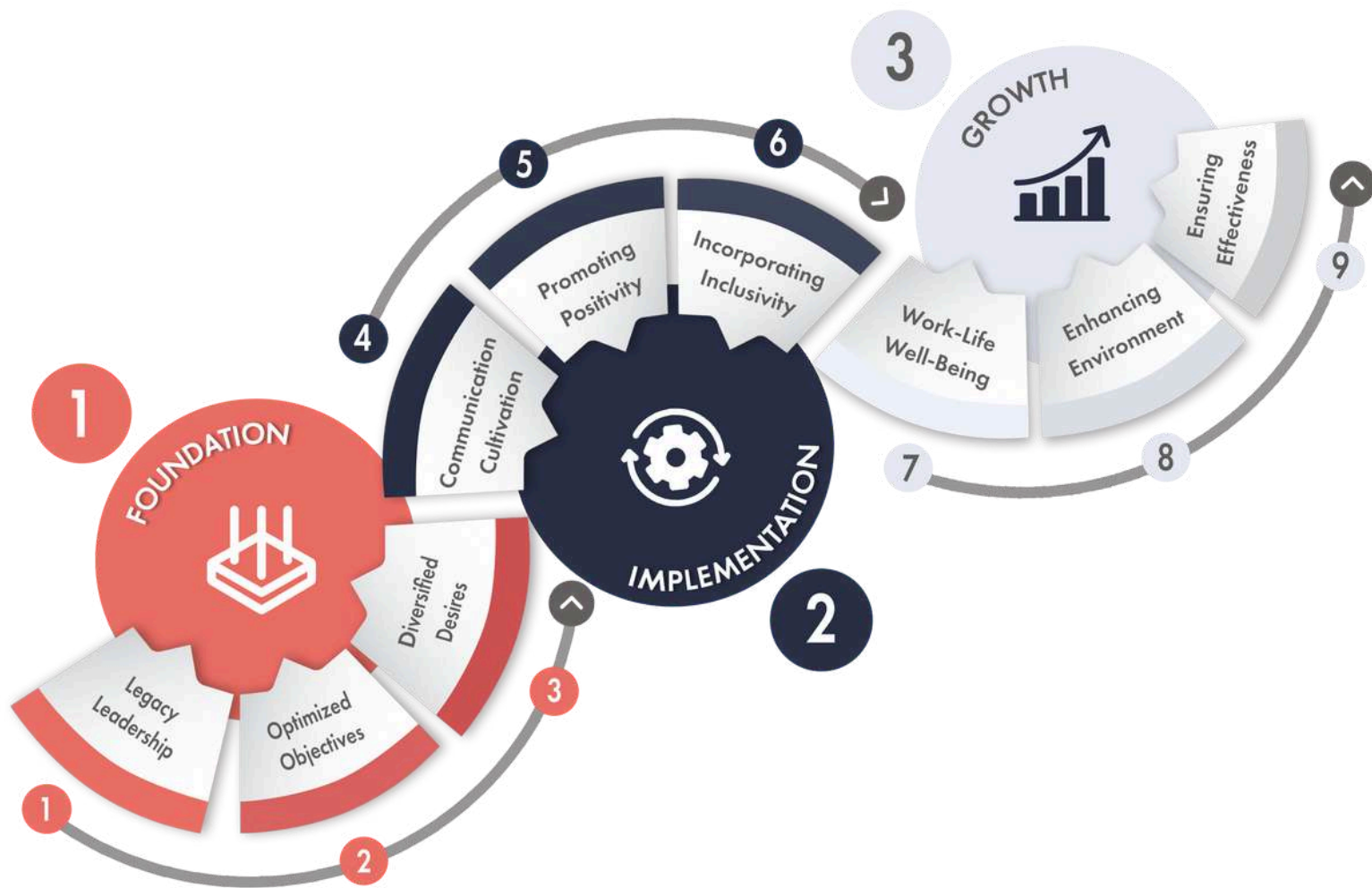
The Harvard T.H. Chan School of Public Health article, "Well-being Through Work," highlights the necessity of incorporating well-being metrics into business strategies for sustainable success.

It introduces a systemic approach to employee well-being, moving beyond traditional wellness programs to consider the full scope of workplace culture.

The article underlines the importance of the tool Grow With Flowers uses for measuring comprehensive well-being, offering insights into how workplace practices influence employee flourishing and, consequently, organizational performance. This approach demonstrates the critical role of well-being in fostering innovation, productivity, and growth, forming the basis of the "Ensuring Effectiveness" step in the Grow With Flowers "Peak Performance Process" signature system introduced on the next page.

Studies and reports continue to illustrate the expanding recognition of well-being metrics as vital indicators of organizational health and success. Focusing on a comprehensive culture of high performance can unlock the untapped potential of human optimization to accelerate growth, and the Grow With Flowers "Peak Performance Process" signature system details the evidence-based steps to take.

Peak Performance Process



About Sara Flowers



Sara Flowers has been consulting with leaders and engaging teams across a wide range of industries breaking down evidence-based strategies to turn them into actionable insights and simple steps for decades.

She's the author of "High Achiever Gut," and she's Harvard certified for "Improving Your Business Through a Culture of Health." She's also a National Board-Certified Health & Wellness Coach, certified Team Well-Being Coach, Digestive Health Professional, Practitioner of Natural Health, Integrative Health Coach, Genius Break Coach, Yoga Coach, Yoga Teacher, Corporate Meditation & Mindfulness Facilitator and certified in Tension & Trauma Release Exercises.

Sara uses this varied background to create and license custom content that is as comprehensive as her experience, and she uses her skills as a speaker, trainer, and consultant to keep them engaging and inspiring.

Elevate Your Corporate Culture to Peak Performance!

Discover how to significantly enhance your team's engagement, productivity, and overall well-being.

Let's transform your organization's culture together, ensuring it ranks high on the Corporate Culture of High Performance Checklist.

Reach out now for a customized consultation and take the first step towards a thriving workplace.

LET'S GET STARTED



GROW *with*
FLOWERS



DOWNLOAD

Your Free Guide!



DOWNLOAD NOW

