

## What would you most like to achieve in 2025 in terms of wellbeing?

Achieving a better work life balance is a key consideration for those who answered this poll.

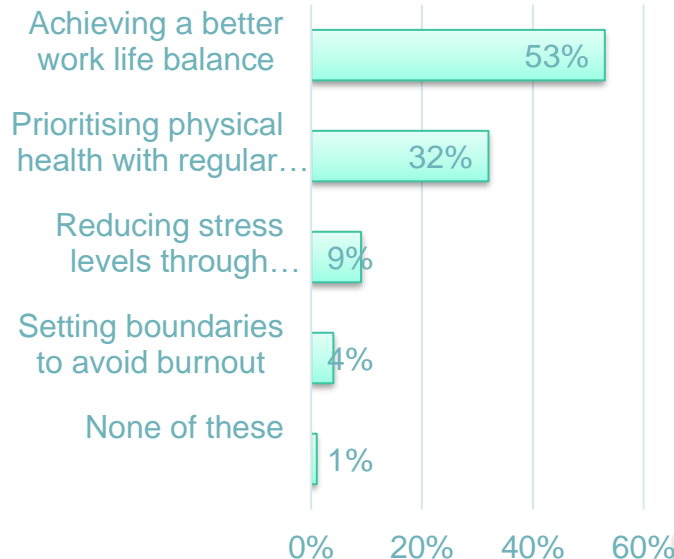
Let's hope they can maintain this throughout 2025!

If you would like to read further information on wellbeing trends in 2025, these articles may be of interest:

<https://www.westfieldhealth.com/blog/the-top-wellbeing-trends-for-2025-key-themes-from-our-latest-report>

<https://www.bravobenefits.co.uk/blog/how-to-future-proof-your-employee-wellbeing-strategy-for-2025>

<https://www.stayf.app/blog/10-innovative-hr-strategies-for-enhancing-employee-wellbeing-in-2025>



Source: The 'What would you most like to achieve in 2025 in terms of wellbeing?' poll was conducted in November and December 2024 with 76 viewers of the Vanson Bourne Community website.