

PERSONAL LEADERSHIP AND WELL-BEING

Entrepreneurs World Summit

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WELL-BEING

- » **HERE & NOW**
- » **OVER TIME**
- » **AFTER WE ARE GONE..**

INTRODUCTION



The happiness of your **life**
depends upon the quality
of your **thoughts.**

– *Marcus Aurelius*

AZ QUOTES

BACKGROUND TO WELL-BEING

- » An ancient topic
 - » In Western thought at least as old as Aristotle
- » Today a \$3.7 trillion industry
- » Now offering a unique possibility for scientific examination and new learning



Note: Numbers may not add due to overlap in segments. The thickness of the lines in the chart indicates the strength of the relationships and synergies between sectors.

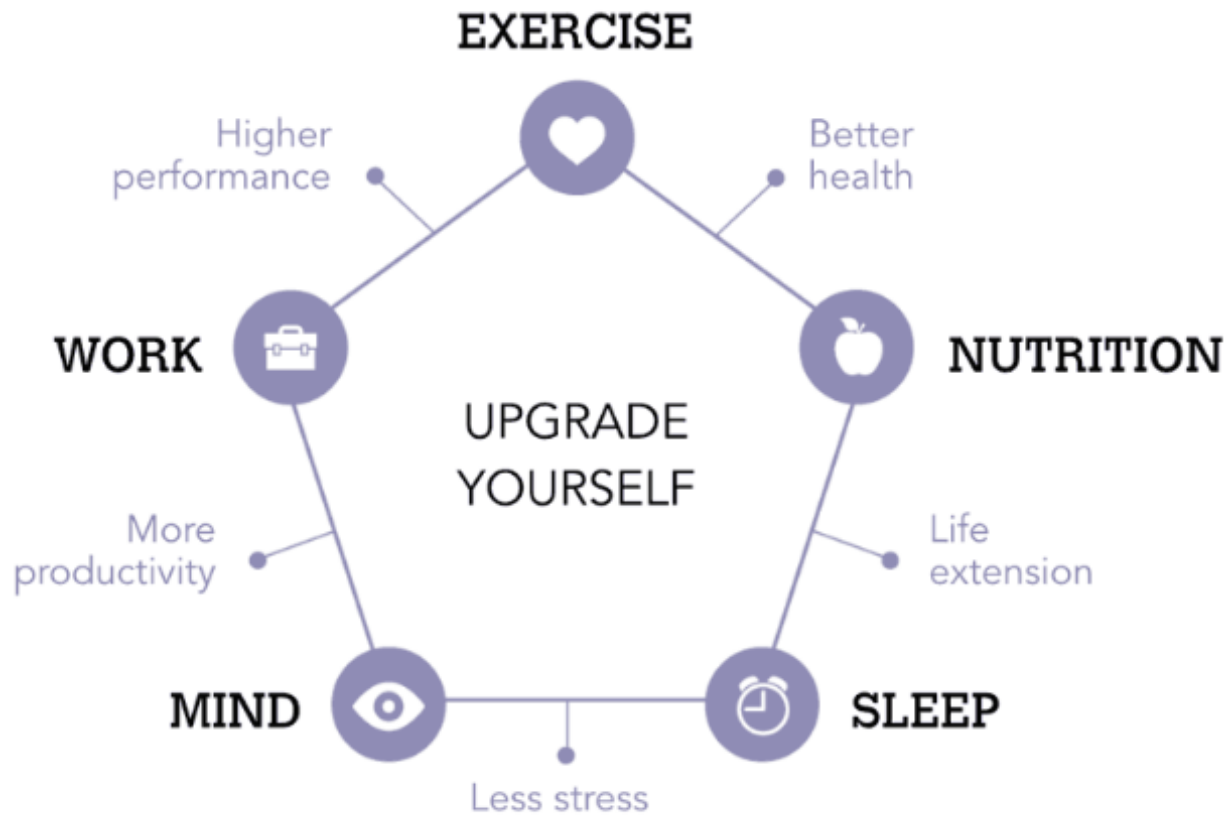
Source: Global Wellness Institute, Global Wellness Economy Monitor, January 2017



GLOBAL WELLNESS
INSTITUTE™

Global Wellness Institute (2015)
www.globalwellnessinstitute.org/

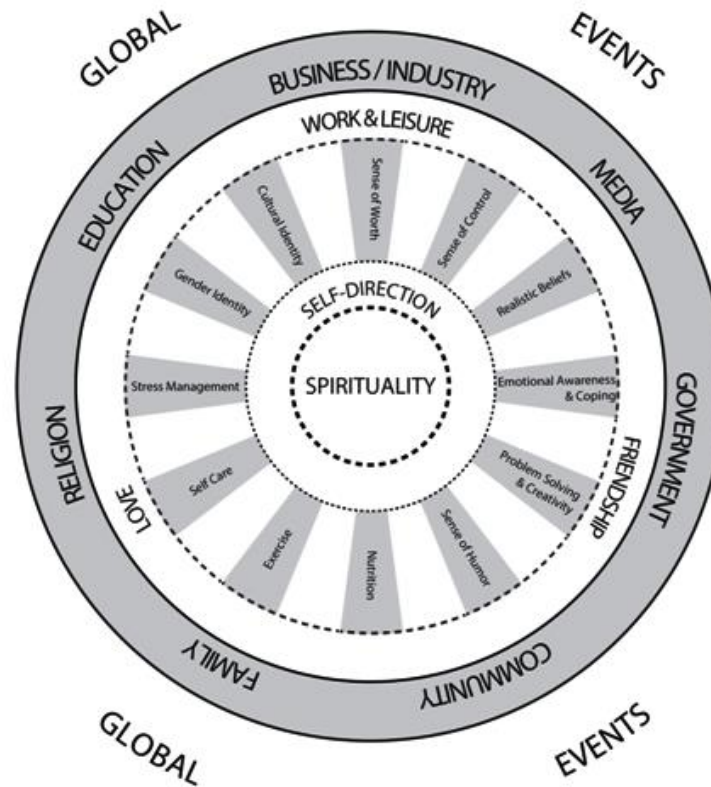
THE BIOHACKER FRAMEWORK



THE HINTSA METHOD

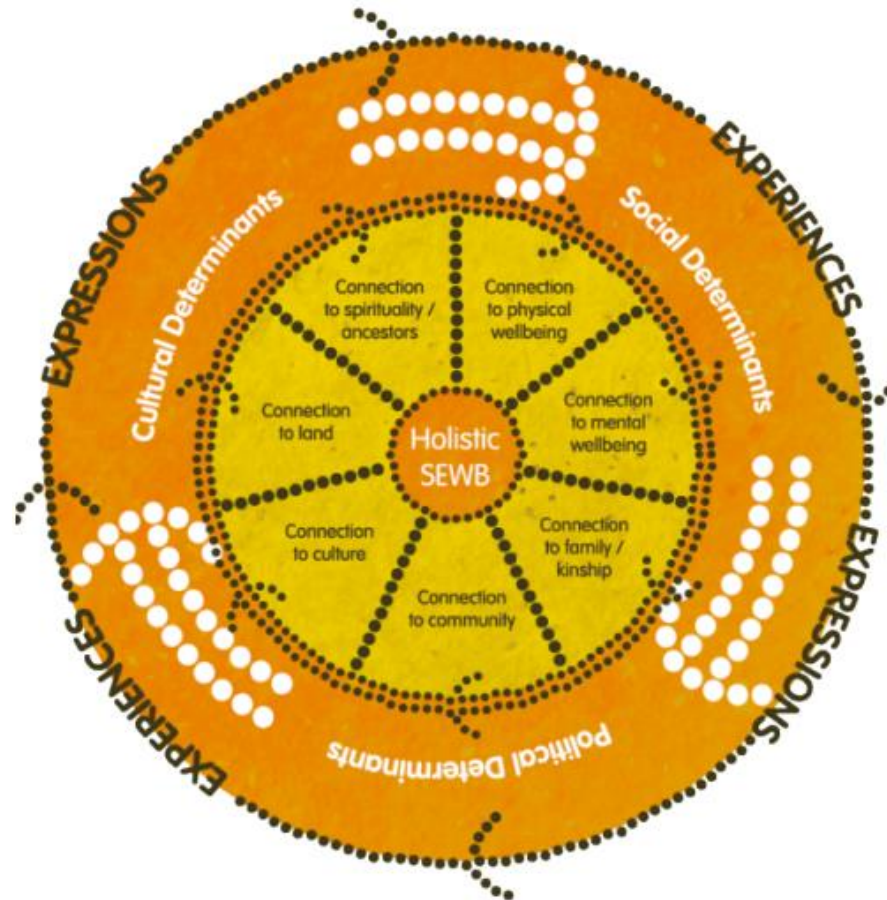


THE WHEEL OF WELLNESS



© J. M. Witmer, T. J. Sweeney, & J. E. Myers, 1996, reprinted with permission

AN INDIGENOUS VIEW





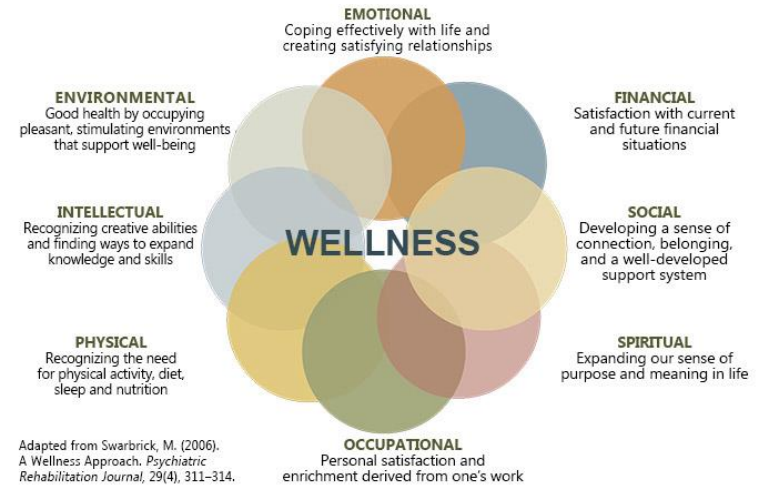
SOURCE: dreamstime

TORONTO STAR GRAPHIC

8 DIMENSIONS OF WELL-BEING

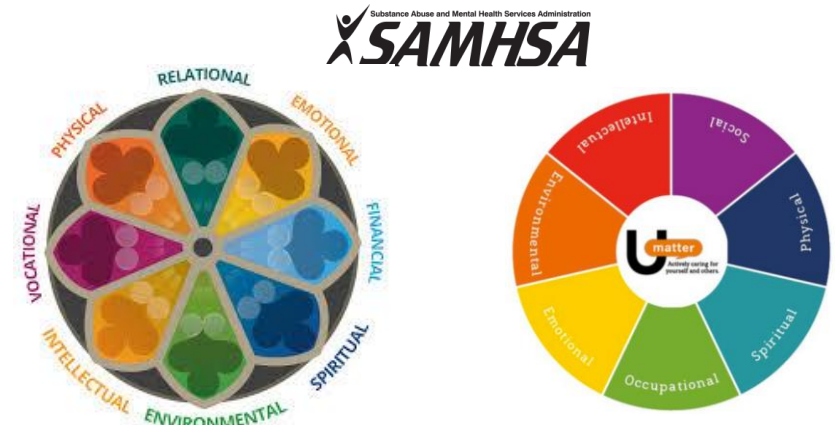
» INDIVIDUAL LEVEL:

- » PHYSICAL
- » EMOTIONAL
- » INTELLECTUAL
- » SPIRITUAL



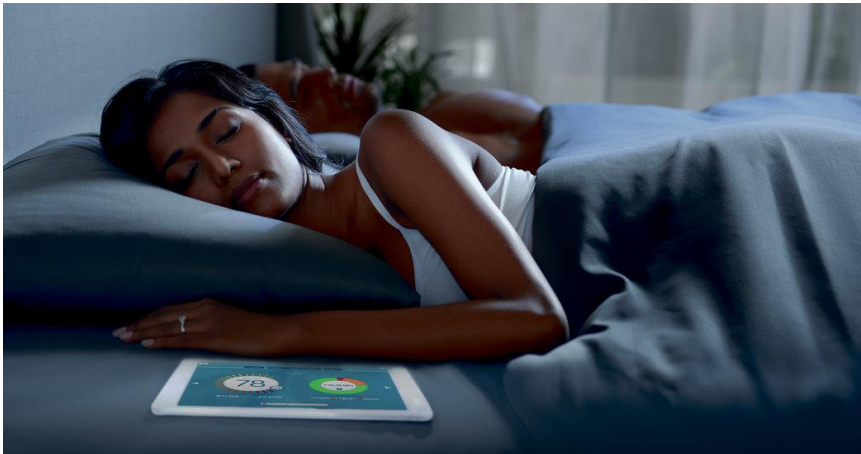
» CONTEXTUAL LEVEL:

- » OCCUPATIONAL
- » SOCIAL
- » ENVIRONMENTAL
- » FINANCIAL



EX: PHYSICAL WELL-BEING

- » *Recognizing the need for physical activity, diet, sleep and nutrition*



PHYSICAL WELL-BEING: Self-assessment



Physical Wellness: making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety				
	Never	Rarely	Sometimes	Usually
1. I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).	1	2	3	4
2. I get 6-8 hours of sleep each night	1	2	3	4
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.)	1	2	3	4
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC \leq .06	1	2	3	4
5. I avoid using tobacco products or other drugs	1	2	3	4
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)	1	2	3	4
7. I get regular physical exams (i.e., annual, when I have atypical symptoms)	1	2	3	4

Total _____

Princeton's Wellness Wheel & Assessment

<http://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment>



8 DIMENSIONS OF WELL-BEING

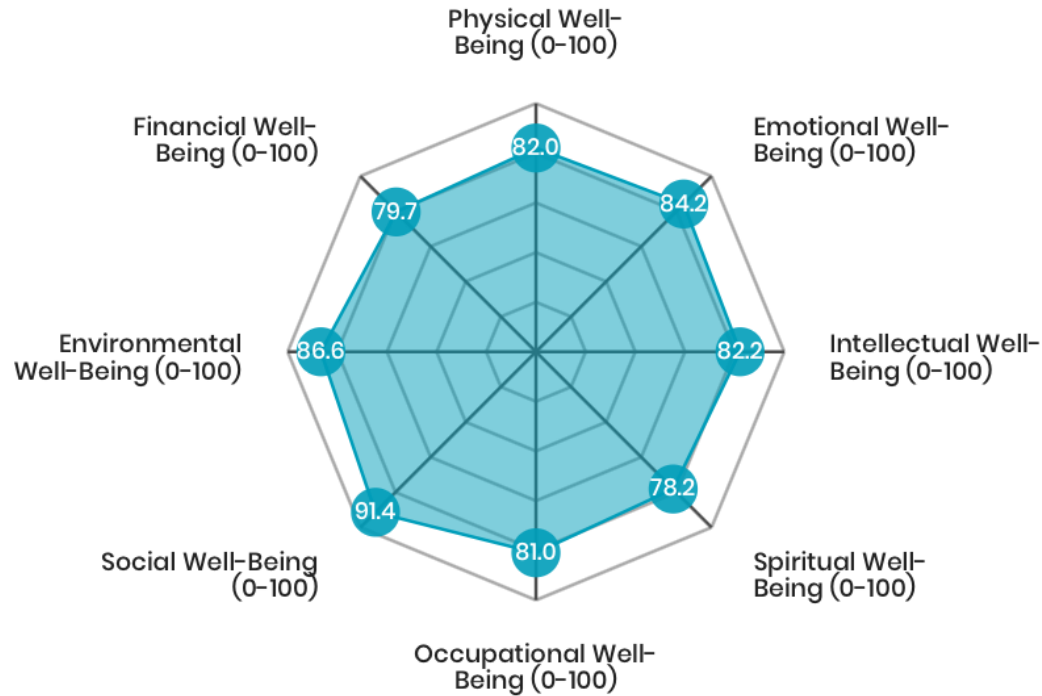
Exercise:

» **Evaluate your 8 dimensions of well-being.**

STUDENT WELL-BEING

8 dimensional well-being

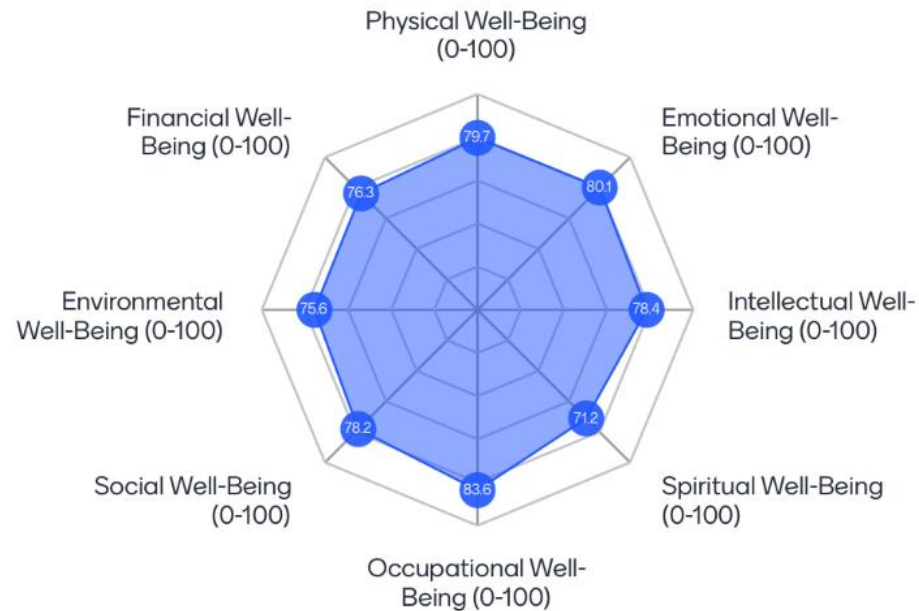
 Mentimeter



 20

FOUNDER WELL-BEING

8 dimensional well-being





WELL-BEING

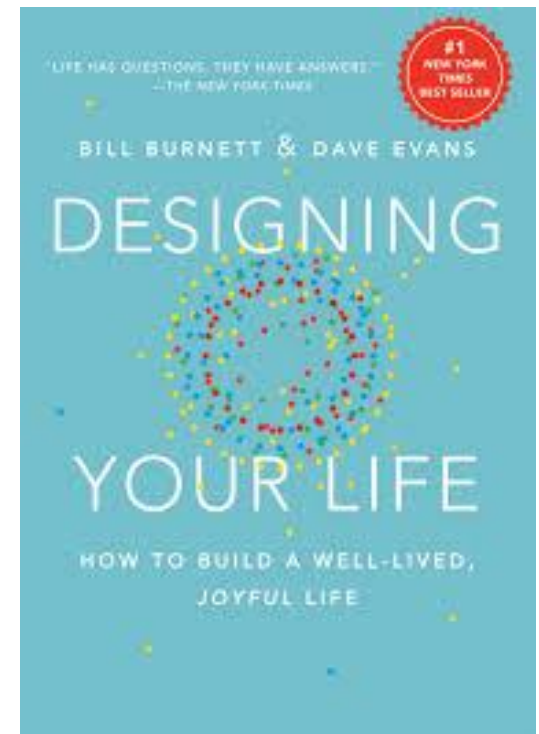
» **HERE & NOW**

» **OVER TIME**

» **AFTER WE ARE GONE..**

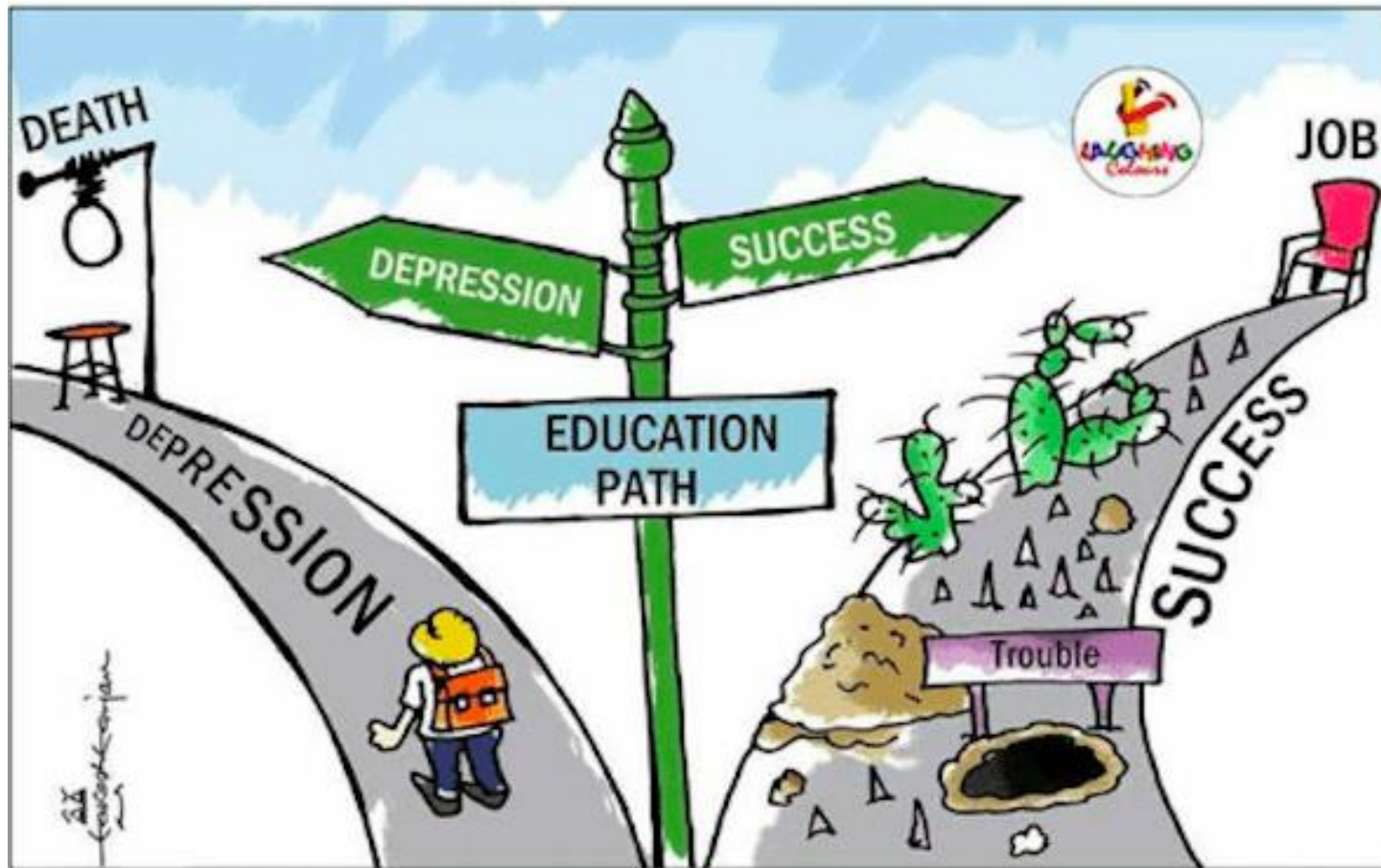
LIFE DESIGN

- » A DESIGN APPROACH FOR LIVING A LIFE THAT YOU LOVE
- » DESIGN THINKING BASED ON THE COGNITIVE PRINCIPLES OF THINKING WITH:
 - » THE ENVIRONMENT (NOT W/ BRAIN!)
 - » EXPERTS (W/ COLLECTIVE)
 - » EXPLORATIVELY (W/ ITERATION)
- » A WAY OF IMPROVING YOUR CREATIVE PROBLEM-SOLVING CAPABILITIES FOR BETTER LIVING



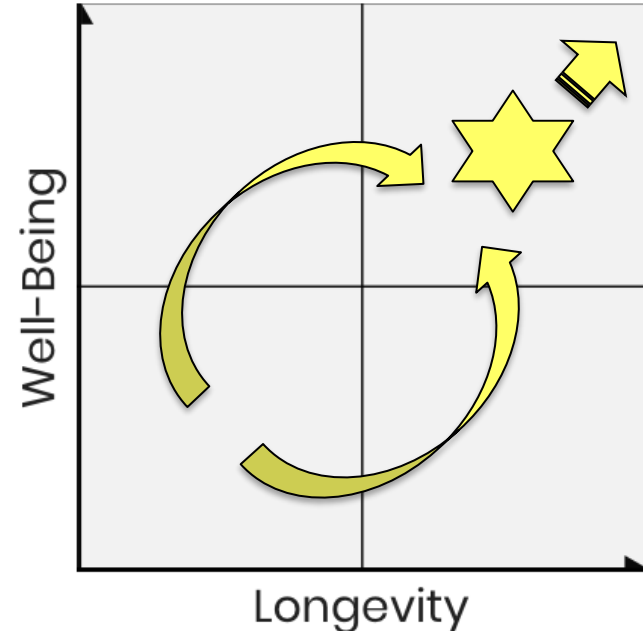
<http://lifedesignlab.stanford.edu>

PROBLEMS AS OPPORTUNITIES



WELL-BEING & LONGEVITY

- » **MUTUALLY RE-INFORCING PHENOMENA**
- » **HIGHLIGHTING THE VALUE OF PHYSICAL WELL-BEING**
- » **ENHANCED BY INDIVIDUAL AND SOCIAL CO-OPERATION AND COHERENCE**





WELL-BEING

» **HERE & NOW**

» **OVER TIME**

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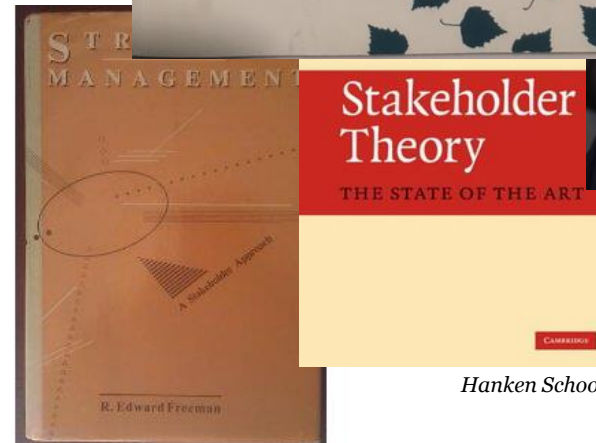
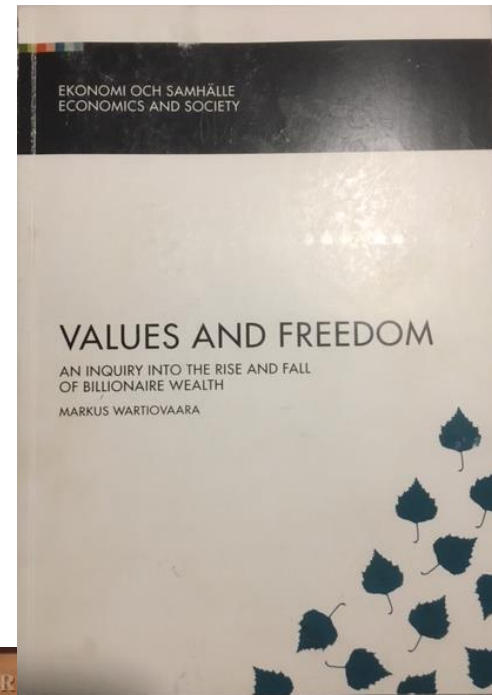
OUR TOPIC CONTINUED

LEGACY

WHAT IS LEFT AFTER US?

MY JOURNEY

- » VALUES AND FREEDOM
 - » An inquiry into the rise and fall of billionaire wealth
- » THEORETICAL BASIS
 - » Stakeholder theory
- » CONTENTS
 - » Quantitative study
 - » Stakeholder theory development
 - » **Case Study: Warren Buffett**



WARREN BUFFETT – ON TIME

”I can’t give you very long, because from an actuarial standpoint I have about 4000 days left on this earth and I am trying to keep various activities in proper proportion”

BBC Documentary, World’s Greatest Money Maker
<http://www.youtube.com/watch?v=UnDT6P0mBxo> (2min 55s)



SOURCES OF VALUE

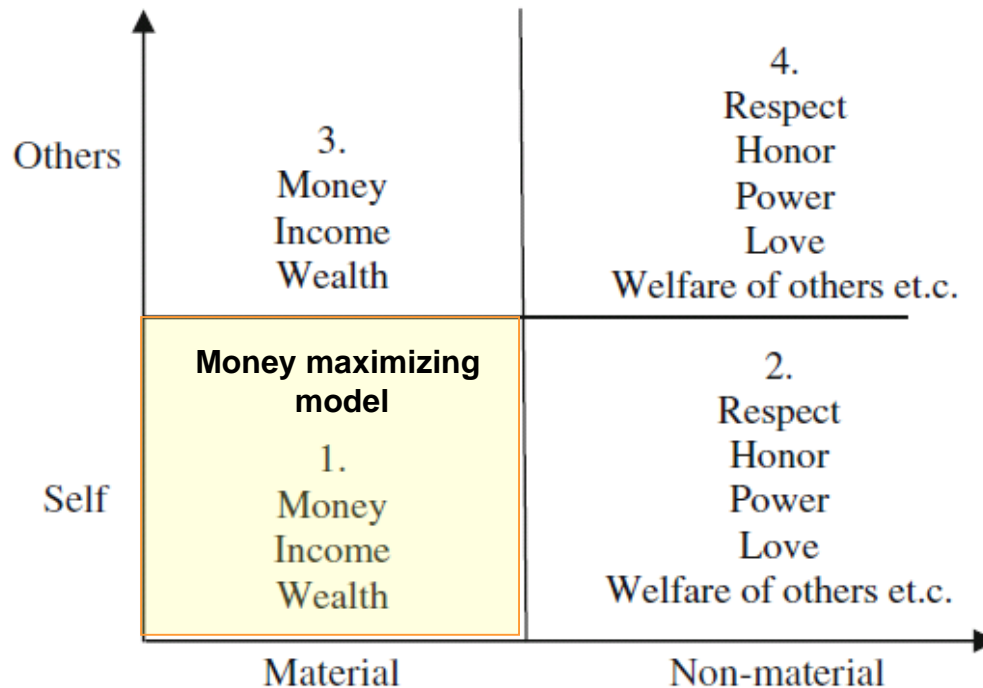


Figure 1. Material and non-material sources of value.

RATIONALE OF GIVING

TABLE I
Warren's decision to give and its impact on values

Value comparison	"Give now"	Value	"Give at death"
1. Material-self	Gradually declining wealth	<	Full wealth until death
2. Non-material-self	Present Goodwill Management Control	>	Future Goodwill Legal control
3. Material-other	Staged transaction Predicted cash-flow	>	One-time transaction Uncertain cash-flow
4. Non-material-other	Present Help	>	Future Help
Sum	Now	>	At death
Model	REMM	>	Economic model

Wartiovaara, M. (2011). Rationality, REMM, and individual value creation. *Journal of business ethics*, 98(4), 641-648.

SOURCES OF VALUE

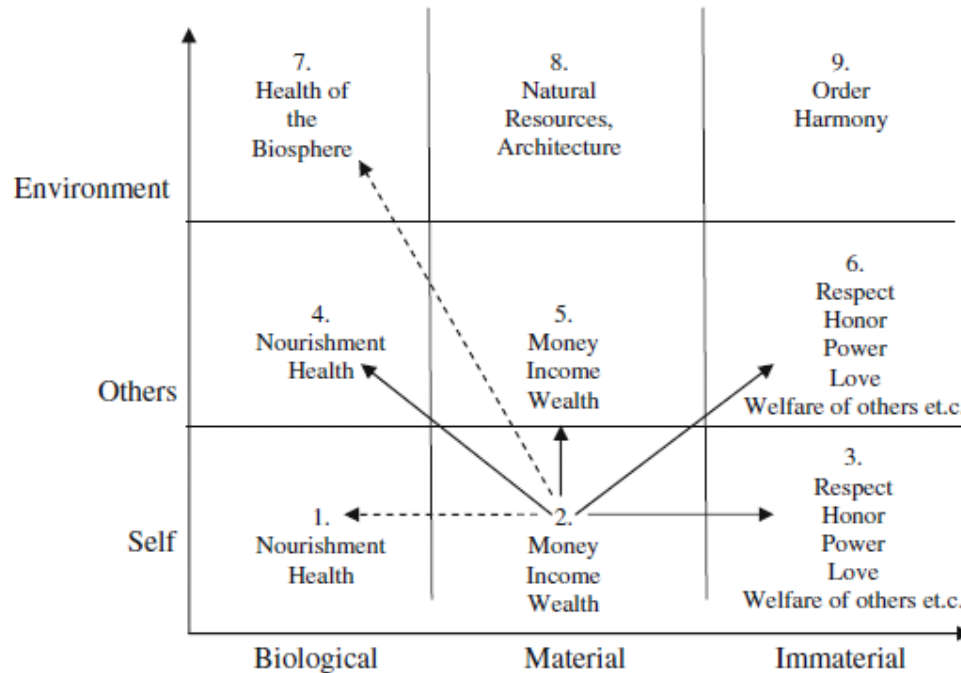
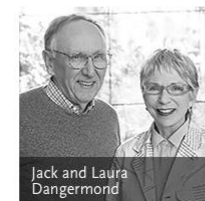
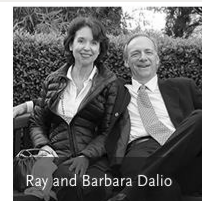
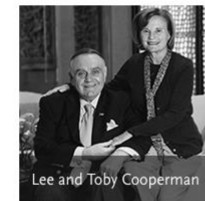
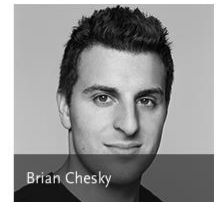
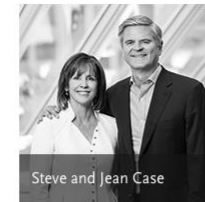
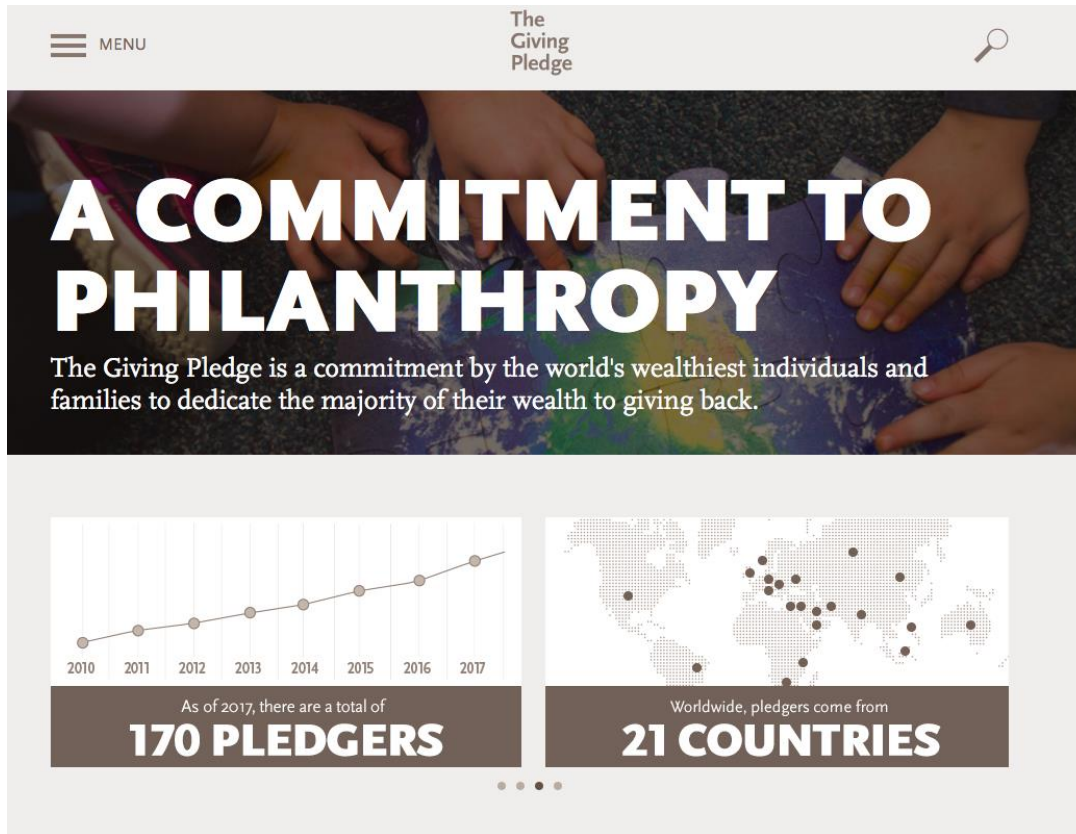


Figure 2. Biological, material and immaterial sources of value.

THE GIVING PLEDGE





FINAL REFLECTIONS

HOW CAN I/WE **GIVE BETTER?**

THE WAY AHEAD



Take the good forward.
För det goda vidare.



HANKEN