Jane Sample

Positive health and vitality



Contents

Introduction to positive health and vitality 05

Lumina Life Domains 06

Health Overview 07

Lumina Life Domains and Dimensions 08

Life Story 09

Introduction to Lumina Spark 10

Introduction to the 8 behavioural aspects 11

Self-scoring your 8 aspects 12

Your aspect scores 13

Your behavioural aspects 14

Behavioural aspects tag cloud 15

Your 8 behavioural aspects in order 16

Your mandala 17

Your strengths & possible weaknesses 18

8 Aspect summary questions 19

Life Story dimensions 20

Your Life Story dimensions 21

Personal Intent qualities 22

Your Personal Intent qualities 23

Personal Drive qualities 24

Your Personal Drive qualities 25

Life Story summary questions 26

Life in Balance 27

Life in Balance dimensions 28

Your Life in Balance 29

Emotional Energy qualities 30

Your Emotional Energy qualities 31

Your Emotional Energy qualities 32

Physical Energy qualities 33

Your Physical Energy qualities 34

Contents

Life in Balance summary questions 35

Life Support 36

Life Support dimensions 37

Your Life Support dimensions 38

Relationships qualities 39

Your Relationships qualities 40

Community Engagement qualities 41

Your Community Engagement qualities 42

Health Awareness qualities 43

Your Health Awareness qualities 44

Organisational Match qualities 45

Your Organisational Match qualities 46

Life Support summary questions 47

Positive health and vitality strategy 48

Lumina Life strategy summary questions 50

Personal/Professional Development Plan 51

GROWS 52

ABCDE 53

Further Solutions 54

Welcome to Lumina Life

Health is not simply a fundamental factor in the successful functioning of our everyday lives, but is arguably one of life's greatest treasures. We therefore look forward to helping you to develop and cherish healthy patterns of living by sharing Lumina Life with you.



Central to Lumina Life is a positive approach to health. Positive health includes mental, emotional, social, and physical aspects that people can use to function effectively. It is a state of optimal human existence and of healthy personal growth and development.

Throughout this Lumina Life experience you will discover how to make practical use of the insights gained from this Life Portrait. Our goal is to provide you with a variety of different approaches to help you maximise your everyday wellbeing and to develop in a healthy way. You will explore different ways of attaining a level of positive health and the activities that play a key role in your overall wellbeing. Together we will explore this comprehensive Lumina Life Portrait and work on your personal health strategy so that you can continue to develop in a healthy way. We hope that you will find the Portrait educational, fun and stimulating.



Warm Regards,
Stewart Desson CEO Lumina Learning

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Introduction to positive health and vitality

The intention of this portrait is to raise your self-awareness and to help you to grow and develop in a healthy way. This profile helps you to understand what is meaningful to you and to behave accordingly. This awareness and the sense of meaningfulness are certainly the most important things to maintain your health. In addition, the portrait gives you an insight in your actual mental and physical wellbeing and your social interactions with the environment.

At the heart of this approach is a questionnaire which measures different domains, dimensions and qualities of your positive health and vitality. This portrait, based on years of psychological and (occupational) health research, will give you some indicators that influence your positive health and vitality. It will also make distinctions between your behaviour, motivations and interactions with the environment.

Getting into the right frame of mind

First a really important ground rule: this is completely confidential information. It is solely to help you develop in a healthy way, although we do suggest you consider sharing it with those you trust.

Be open to the feedback in this portrait - it is intended to help you make positive changes.

Focus on the observations in this portrait that you think can really help you develop. View this as an opportunity to work on improving yourself and to maintain your positive health and vitality.

When reading your portrait it is important to remember that all indicators may be important to maintain your positive health and vitality. However, for some aspects you are more open than you are for others. This portrait is not a judgement of what you should do to maintain your positive health and vitality; it is simply an aid to guide you towards a better sense of self-awareness to understand the aspects that are influencing your healthy growth and development in the near future.

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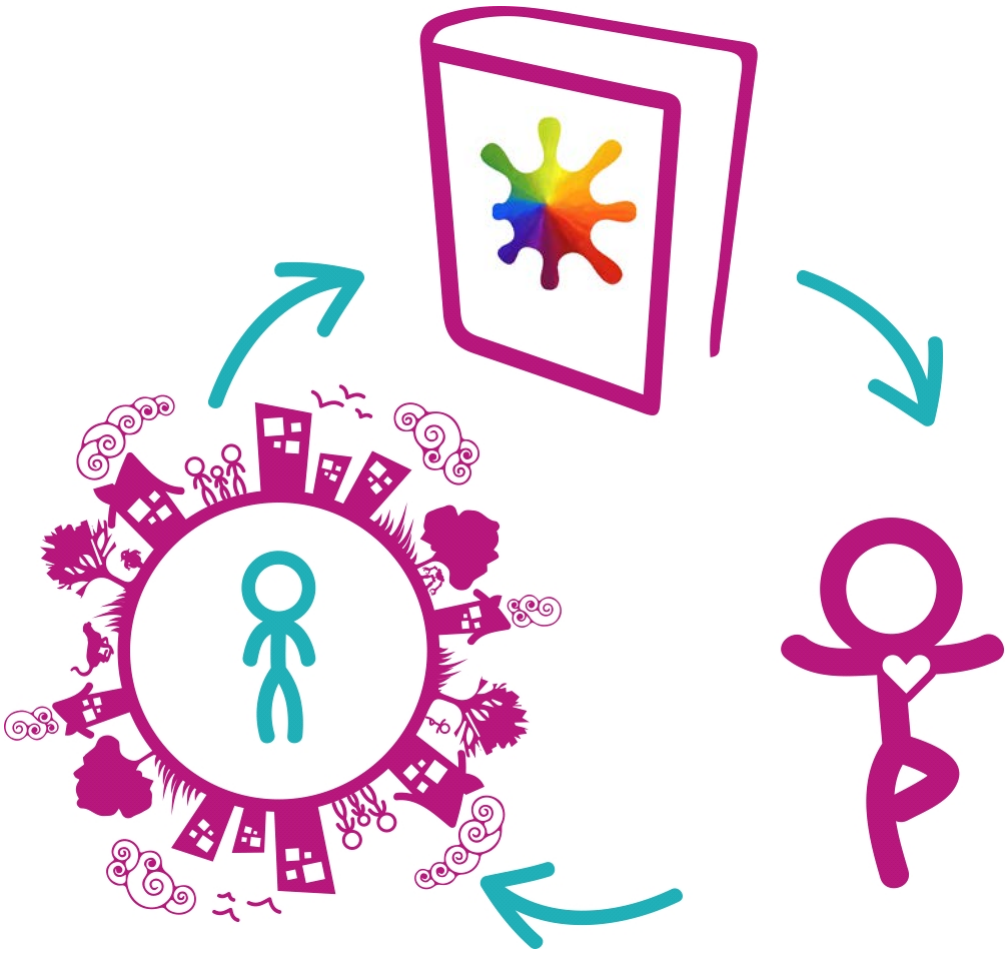
Lumina Life Domains

Life Story



Life Support

Life in Balance

Lumina Life Domains

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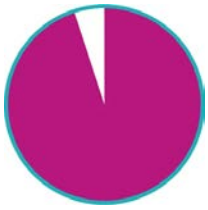
Health Overview

Your Health Snapshot



86%

Personal Health Snapshot



93%

Organisational Health Snapshot

Personal Health Snapshot Question	How you answered
I feel that my health is currently in an excellent state	Slightly Agree
I experience health problems that affect my ability to function every day	Strongly Disagree
I currently have a strong level of emotional resilience	Agree
My current physical fitness is at a good level	Agree
Organisational Health Snapshot	**How you answered**
The strategic goals of my organisation are meaningful to me	Strongly Agree
I have a good sense of the strategic goals of my organisation	In-between
My organisation is seen as reliable by its stakeholders	Strongly Agree
My organisation is able to be flexible depending on the situation	Strongly Agree
My organisation encourages widespread collaboration	Strongly Agree
My organisation makes good use of the range of talents across its workforce	Strongly Agree

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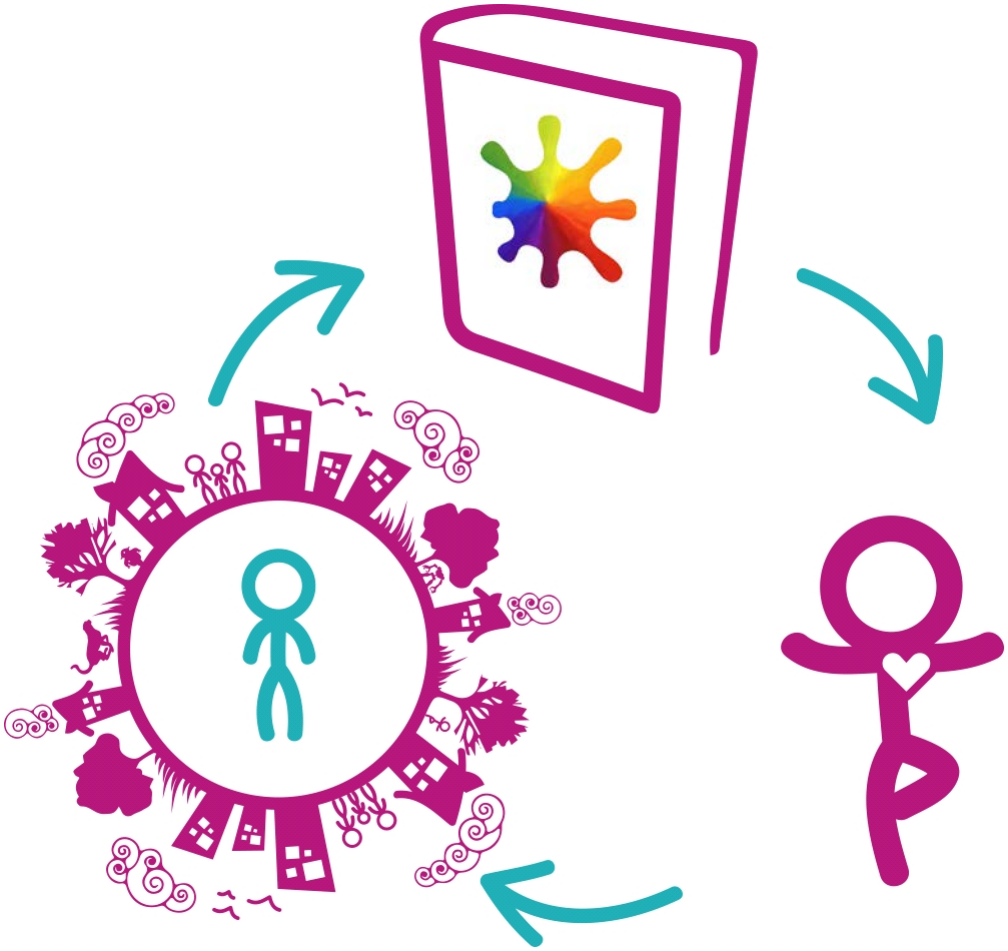
Lumina Life Domains and Dimensions

Life Story

Aspects of Behaviour

Personal Intent

Personal Drive



Life Support

Relationships
Community Engagement
Health Awareness
Organisational Match

Life in Balance

Emotional Energy
Physical Energy

Lumina Life Domains

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Life Story

Aspects of Behaviour

Inspiration Driven
Big Picture Thinking
Extraverted
Outcome Focused
Discipline Driven
Down to Earth
Introverted
People Focused

Personal Intent

Meaningful Life
Meaningful Work
Goal Focus
Lifelong Learner

Personal Drive

Motivated by Others
Self-motivation

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Personal perspective

Lumina Spark provides a unique perspective on personality. By taking a mix of the Big5 and Jungian perspectives Lumina Spark is able to provide a comprehensive set of insights into your personal traits and behaviours.

This information is extremely valuable when investigating your health behaviours as it provides an additional level of detail. Your personal traits will often strongly influence the manner in which you approach the Lumina Life qualities which are also presented within this portrait.

The combination of information from both personality and health qualities will provide you with a deeper set of knowledge. This can help guide your continuous development and highlight strengths and weaknesses across the whole scope of your personality.

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Introduction to the 8 behavioural aspects

Inspiration Driven

People who are very inspiration driven work best when they feel strongly about the project. They like to trust their instincts and keep their targets open ended.

Big Picture Thinking

Big picture thinkers enjoy long thought processes and looking for truths which lie beneath the surface. A big picture thinker is likely to be contemplative by nature and highly innovative.

Extraverted

Someone who is extraverted will often find themselves surrounded by groups of people. They enjoy the ever changing nature of group conversations and they often feel at ease in new social situations.

Outcome Focused

An outcome focused person is often very goal oriented and they are willing to push themselves and those around them very hard to achieve their objectives.

Discipline Driven

If you are discipline driven you are likely to be quite organised by nature and people will trust you to fulfil your commitments.

Down to Earth

Down to earth people are conscious of the realities of the world. They work towards realistic goals and avoid over committing themselves.

Introverted

An introverted person is comfortable when working alone and they keep their emotions to themselves most of the time. They usually stick to a small group of close friends.

People Focused

Anyone who is people focused concentrates on the people around them. They are sensitive to others' needs and do their utmost to maintain harmony within any group or team.

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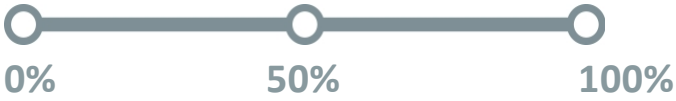
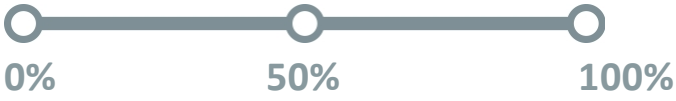
Self-scoring the 8 aspects

From the definitions that you have read of the 8 Spark aspects where would you rank yourself? On each of the graphs below mark your position between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

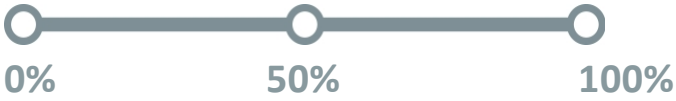
Inspiration Driven



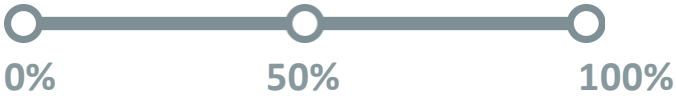
Big Picture Thinking



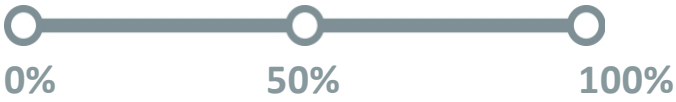
Extraverted



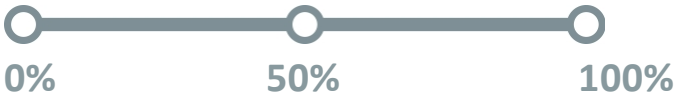
Outcome Focused



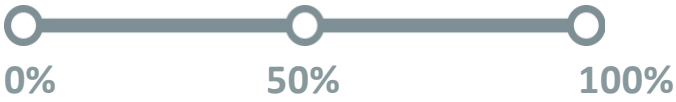
Discipline Driven



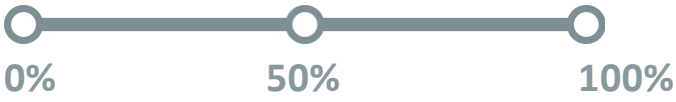
Down to Earth



Introverted



People Focused



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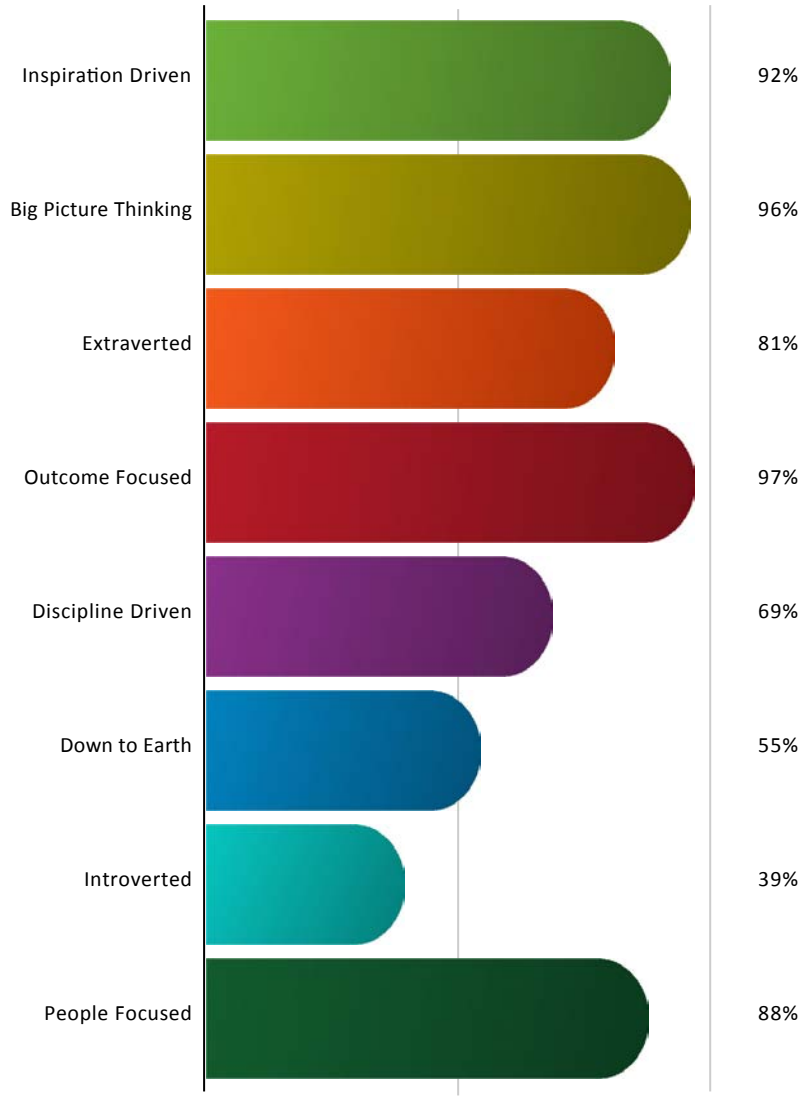
Your aspect scores

Where do you stand?



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Develop your wellbeing

Your personalised tag cloud represents your Spark aspects. The size of each aspect represents the amount of it you claimed in the questionnaire. This tag cloud will help you to get a clearer picture of personality preferences and behavioural traits.

Your Spark aspects are key areas of personality highlighted by the Lumina Spark questionnaire. These aspects are core parts of your personality and are measured directly through the questionnaire you completed online. No aspect is essentially better or worse than any other aspect They are laid out here to help you explore the diversity and complexity of your personality.

Your personal aspects underpin your actions towards a healthy lifestyle. Only by understanding them fully can you use these aspects effectively to take action to improve your lifestyle.

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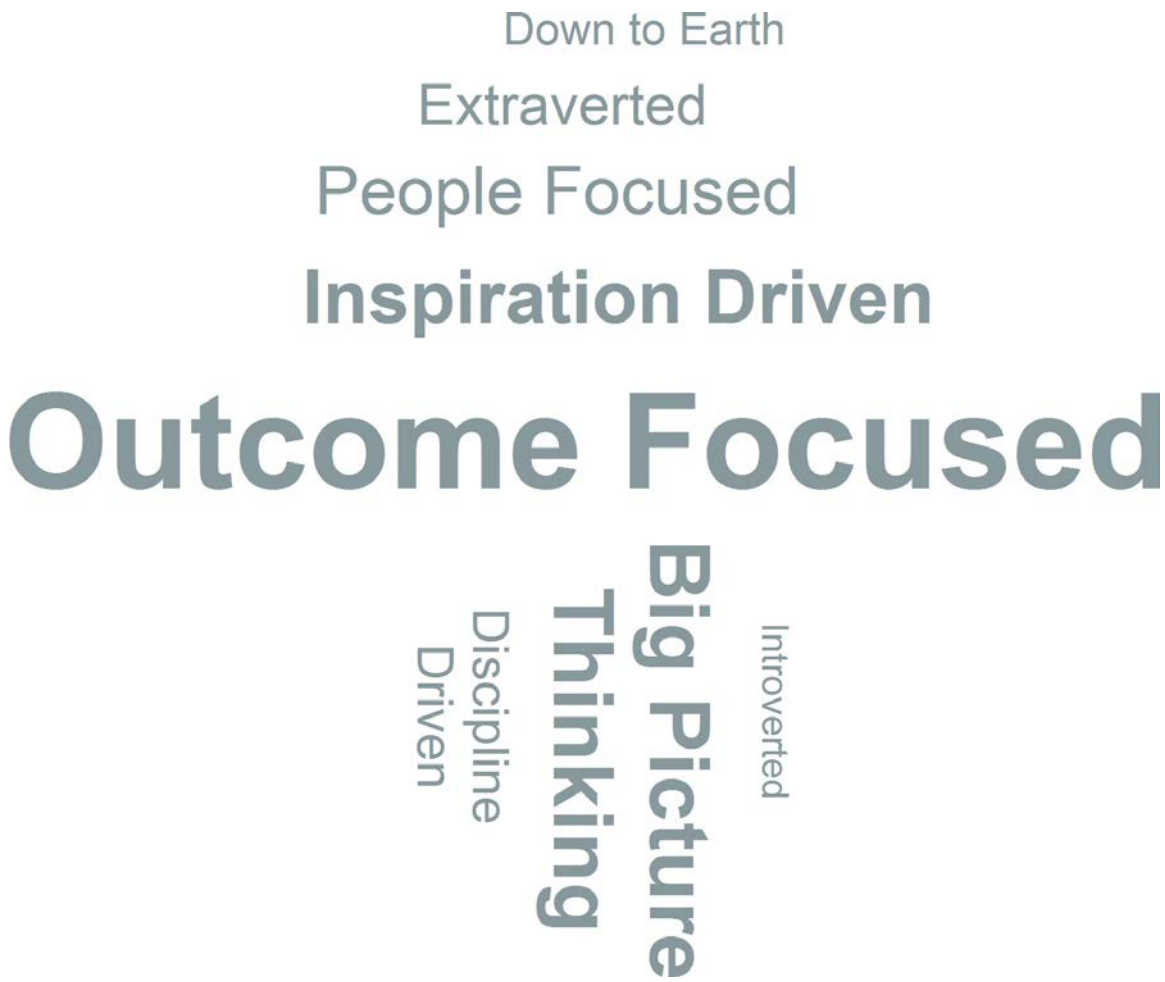
Behavioural aspects tag cloud



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Your 8 behavioural aspects in order

Outcome Focused

Outcome focused - When you have a clear vision of the direction you want things to go, you will tend to defend your point of view strongly, even in the face of criticism.

Big Picture Thinking

Big Picture Thinker - You have the capacity to be free and unbounded in your thinking. This allows you to look beyond the immediate situation and finds ideas further afield.

Inspiration Driven

Inspiration Driven - As you find new ideas and flashes of insight, you are able to build them into your plans in a way that enhances the original idea without derailing progress.

People Focused

People focused - You care a lot about the feelings of others. You acknowledge people by taking time to get to know them at a personal and emotional level.

Extraverted

Extraverted - You do not always find it easy to be outgoing and friendly with people you have recently met.

Discipline Driven

Discipline Driven - Even after you have committed to something, you can have trouble creating an organized process to achieve your goals.

Down to Earth

Down to Earth - You occasionally have trouble staying grounded and trusting your senses and experience to give you the information you require.

Introverted

Introverted - You are someone who is always in control of their emotions. You have an excellent poker face and you choose when and where you let others see how you truly feel.

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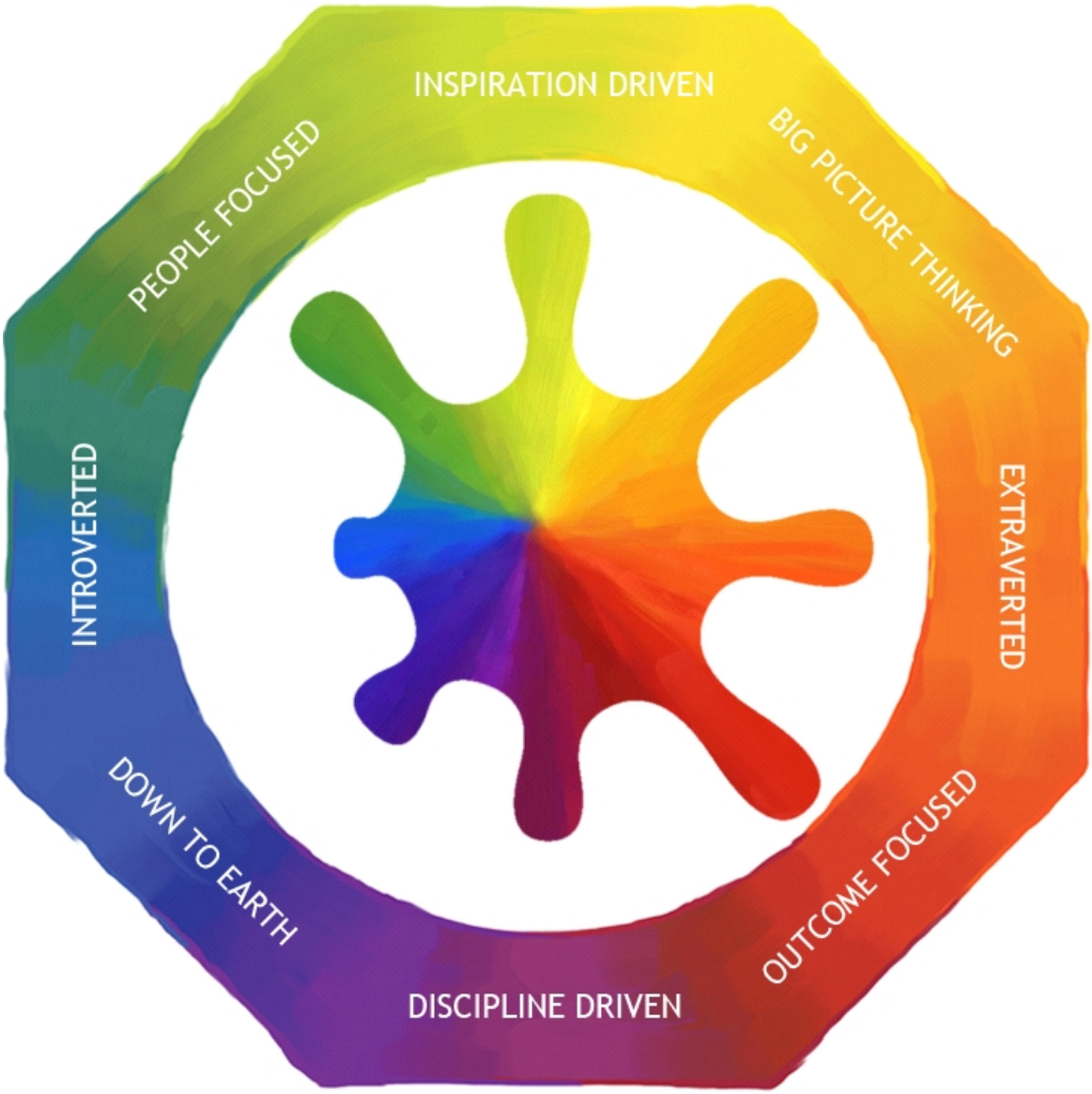
Your mandala



Your mandala

Who are you?

This is a visual representation of your scores in the 8 behavioural aspects.

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Your strengths & possible weaknesses

Jane, your natural strengths are:

- You have an open-minded approach to task management. You don't write off any possibilities, meaning you keep a lot more options open for yourself and your team.
- You know that every problem is a new possibility in waiting. The potential for new ideas is limitless and temporary problems are just one more way of guiding your thinking in new directions.

Here are some of your possible weaknesses:

- Your more circumspect colleagues may see your preference for taking a direct approach and getting to the heart of the matter as blunt and tactless. But occasionally you fear causing offence so much your negotiation style can become too conciliatory and you can fail to find any resolution at all.
- Your analytical nature can lead you to be very skeptical of concepts. Constantly looking for the flaws in an argument can be counter-productive when you are working on new ideas as it can completely halt the development process. Then again, you run the risk of neglecting your rational analysis if you try to cater for the personal needs of others working with you.

Some suggested methods of development:

- It might help you to connect more with your own feelings and the feelings of others. This could give you a new perspective when it comes to reflecting on the value of an idea.
- Make sure that your ideas reflect the priorities of the time and are relevant to your present circumstances. Seek clarification from those around you to make sure that your ideas apply to the project at hand and that your time frames are realistic.

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8 Aspect summary questions

What are your highest aspects that have brought you success so far in life?

Which aspects have consistently been a challenge?

What is your highest aspect and what is the score of its opposite?

How does this impact you and those around you?

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Self-scoring your Life Story dimensions

Life Story is defined by Lumina Life as the level to which a person feels able to fulfil their personal ambitions and make progress towards their life goals. This is also linked to an individual's motivation, both from within and from those around them.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life dimension definition	Self-score %
Personal Intent The degree of purpose and meaning in your life	
Personal Drive Your level of overall motivation to achieve goals	

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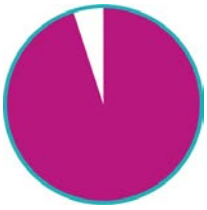
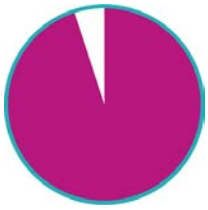
Life Story dimension scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



97%

Personal Intent



97%

Personal Drive

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Self-scoring your Personal Intent

These qualities are at the heart of your Life Story and cover a range of powerful Lumina Life qualities surrounding personal meaning and purpose. Please discuss these qualities with your coach to help you develop them further.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Meaningful Life The amount of purpose and meaning you feel in the direction of your life at the moment	
Meaningful Work The level of meaning you derive from your current working situation	
Goal Focus The extent to which you are able to focus on and achieve your goals	
Lifelong Learner The amount of dedication you can place towards continuous learning and development	

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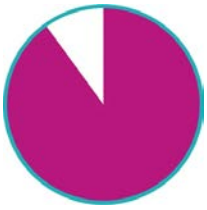
Personal Intent quality scores

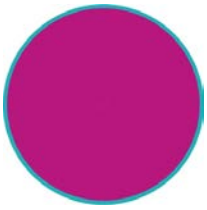
These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



90%

"Progress apart from purpose ends in arrogance"

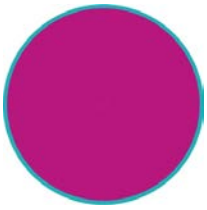
Meaningful Life TD Jakes



100%

"If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on."

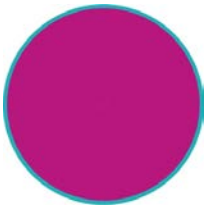
Meaningful Work Steve Jobs



100%

"Failure is what happens when we take our eyes off our goals"

Goal Focus Unknown



100%

"Chance favours the prepared mind."

Lifelong Learner Louis Pasteur

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Self-scoring your Personal Drive

Underpinning the detail and complexity of the Lumina Lifestyle Portrait is its analysis of the differing motivations that individuals have for looking after their personal health.

The two motivational styles assessed here are based around external and internal motivation. This looks at the sources of your motivation when linked to your personal health behaviours.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Motivated by Others The degree to which the opinions of others influences your health behaviour	
Self-motivation The extent to which your motivation is generated from your internal drive	

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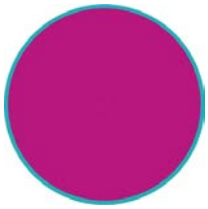
Your Personal Drive

Here are your scores from the questionnaire along with some developmental feedback that may help you strengthen your motivation.

Your Motivated by Others

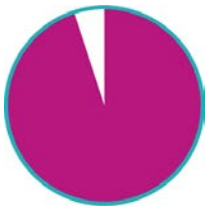


100%

Motivated by Others

You tend to draw a lot of your inspiration from those around you. You are willing to persevere if others support you and help you find a good reason to take up new healthy behaviours. You recognise that your health impacts more than just yourself and that others are invested in your health and well-being. Once you have made your mind up it is very hard to sway you. You can be very robust in the face of criticism and you know that there are times when you will have to push through negative feedback in order to achieve your objectives.

Your Self-motivation



96%

Self-motivation

You have a good degree of self-motivation, and know that you are responsible for taking your health into your own hands. You stay motivated by focusing on the end results. You know the benefits that a healthy lifestyle brings, and this inspires you to stay motivated.

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Life Story summary questions

What did you find most interesting to learn about yourself?

Were you aware of your strengths?

Are you leveraging these fully in your life? How could you use these more?

What challenges can you foresee? How can you prepare for them?

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Life in Balance

Emotional Energy

Optimism
Joy
Competent at Work
Bounce Back
Self-esteem
Even-tempered
Work-Life Balance
Ability to Relax

Physical Energy

Quality of Sleep
Healthy Dietary Habits
Physical Activity
Smoking
Alcohol Use

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Self-scoring your Life in Balance dimensions

Life in Balance measures the degree to which an individual feels emotionally and physically vital. This can be linked to their personal attitude and resilience as well as the healthiness of their behaviour and habits.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life dimension definition	Self-score %
Emotional Energy The strength of your emotional attitude in your day to day life	
Physical Energy The level of physical vitality you feel through your health behaviours	

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Your Emotional and Physical energy

Here are your scores from the questionnaire along with some developmental feedback that may help you strengthen your motivation.



91%

Emotional Energy

Your Emotional Energy

Your score indicates that generally you feel empowered and supported in your work and social life. You feel at ease in your environment and feel you can connect with those around you. You allow your intuition to guide you, knowing that your gut feelings will lead you to new opportunities. You are easy-going, and your flexible approach can help you adapt easily to change. You dislike being constrained by bureaucracy and rules, and you may feel that your current situation allows you work to your preferences, helping you feel more empowered.



97%

Physical Energy

Your Physical Energy

Your physical energy is currently at a good level. To maintain this determination, and to keep improving, consider how maintaining a good level of physical energy can help you achieve your goals. You seem to recognise the benefits of living a healthy lifestyle, and already engage in positive health behaviours known to help increase energy. To keep improving, consider your scores on the Physical Energy Qualities in this Portrait. Focusing on these can be a good starting point to making positive improvements. To get you going, focus on improving whichever of these indicators inspire you the most.

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Self-scoring your Emotional Energy qualities

Within Lumina Life we define Emotional Energy as your capacity to cope with stress and adversity and handle the demands that your work may place upon you. Emotional Energy is also related to your ability to stay focused on your internal goals and work strongly towards them. Furthermore, it covers your proficiency at handling setbacks. Emotional Energy is an integral part of one's overall wellbeing.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Optimism How much of a positive outlook you have when looking towards the future	
Joy The level of happiness you feel in your current situation	
Competent at Work The level of competence you feel when handling daily tasks	
Bounce Back How quickly you recover from stressful situations	
Self-esteem Your confidence in yourself	
Even-tempered How balanced your temperament is	
Ability to Relax How much of your emotional energy you are able to recuperate	
Work-Life Balance How well-balanced you feel at work and at home	

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Emotional Energy quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



100%

Optimism

"I like the dream of the future better than the history of the past."

Thomas Jefferson



100%

Joy

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."

Buddha



100%

Competent at Work

"Men and women who got to the top were those who did jobs they had in hand, with everything they had of energy, enthusiasm and hard work."

Harry S. Truman



86%

Bounce Back

"I don't measure a man's success by how high he climbs but how he bounces when he hits the bottom."

General George S. Patton

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Your Emotional Energy qualities

Emotional Energy quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



"A strong positive self-image is the best possible preparation for success in life."

79%

Self-esteem

Dr. Joyce Brothers



"A quick temper will make a fool of you soon enough."

90%

Even-tempered

Bruce Lee



"Music is created by sounds and rests."

93%

Ability to Relax

Unknown



"Work is a rubber ball. If you drop it, it bounces right back. The other four balls, family, friends, health, integrity are made of glass. If you drop one of these, it will be irrevocably scuffed, nicked, perhaps even shattered."

86%

Work-Life Balance

Gary Keller

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Self-scoring your Physical Energy qualities

Physical health and fitness is defined by Lumina Life as the general state of ones physical wellbeing as measured by a set of key physical health indicators known to be important in maintaining a healthy physical condition. Being physically healthy and fit enhances your energy, concentration and stamina, allowing an individual to perform at a higher level for longer.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Quality of Sleep A regular sleeping pattern is a crucial part of a healthy lifestyle	
Healthy Dietary Habits Healthy dietary habits link to eating regularly and ensuring a healthy mix of food groups	
Physical Activity Your level of physical activity is linked to exercise on a regular basis	

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Your Physical Energy qualities

Physical Energy quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



100%

Quality of Sleep



93%

Healthy Dietary Habits



90%

Physical Activity

0 cigarettes a week

Smoking

How many cigarettes you smoke, as a rule, in a week

0 drinks a week

Alcohol Use

How many alcoholic drinks you have, as a rule, in a week

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Life in Balance summary questions

What key points did you focus on in this part of your portrait?

Which strengths did you find to build on?

What areas to develop will you focus on next?

What actions can you take to shape and enhance your health and vitality?

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Life Support



Life Support

Relationships

Authentic at Work
Connected to Colleagues

Community Engagement

Community Involvement
Supported by your Social Network

Health Awareness

Health Resources
Health Facilities

Organisational Match

Recognition at Work
Organisational Engagement
Person-Organisation Fit
Person-Job Fit
Supportive Leadership
Coaching Leadership

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Self-scoring your Life Support dimensions

This is defined by Lumina Life as the degree to which an individual feels emotionally secure, capable and empowered to thrive in their everyday life. This also reflects the affinity an individual feels with their work, and their organisational environment.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life dimension definition	Self-score %
Relationships The strength of your personal, work and social relationships	
Community Engagement The level of trust and support you feel in your social environment	
Health Awareness The amount of knowledge you have that supports your healthy behaviour	
Organisational Match How happy you are with your organisational fit and the amount of reward you receive for your efforts	

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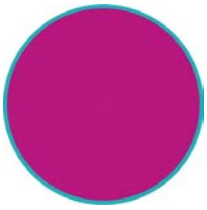
Life Support dimension scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



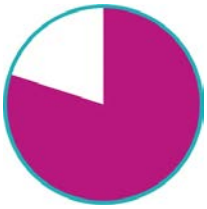
100%

Relationships



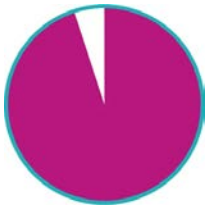
87%

Community Engagement



80%

Health Awareness



96%

Organisational Match

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Self-scoring your Relationships Qualities

Your Relationships play a key role in determining the strength of your Life Support. Within this Dimension you can examine your connections with others and the strength of your rapport which can play a vital role in determining your health.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Authentic at Work How true to yourself you feel at work	
Connected to Colleagues You feel supported and connected to your colleagues	

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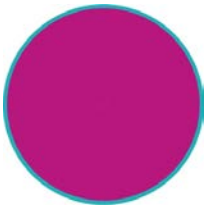
Relationships quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.

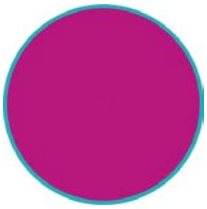


"To know your truth, and live it fully regardless of external factors."

Janice Parviainen

100%

Authentic at Work



"The kind of relatedness to the world may be noble or trivial, but even being related to the basest kind of pattern is immensely preferable to being alone."

Erich Fromm

100%

Connected to Colleagues

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Self-scoring your Community Engagement qualities

Your ability to engage and connect with your community is an important factor within your Life Support. It is a key ingredient to a healthy life, feeling involved and supported in life socially as well as at work.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Community Involvement How big a part of the community you are	
Supported by your Social Network The level of support you feel in social life and community	

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Community Engagement quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.

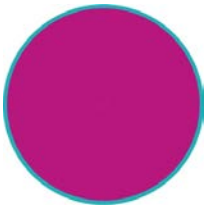


57%

"Our own well-being is dependent on the well-being of other nations, far away. We have learned to be citizens of the world, members of the human community."

Franklin D. Roosevelt

Community Involvement



100%

"Best Relationships: talk like friends, play like children, argue like husband and wife, protect each other like brother and sister."

Brian Tracy

Supported by your Social Network

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Self-scoring your Health Awareness qualities

Health Awareness is a good indicator of your level of knowledge and the personal resources that you have to support your healthy behaviour.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Health Resources The amount of resources you have that support healthy behaviour	
Health Facilities Your access and knowledge of facilities to support your health	

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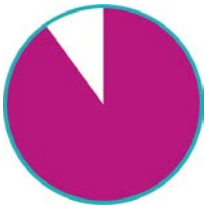
Your Health Awareness qualities

Health Awareness quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.



90%

"Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives."

Tony Robbins

Health Resources



67%

"You cannot afford to wait for perfect conditions ... Opportunities are easily lost while waiting for perfect conditions."

Gary Ryan Blair

Health Facilities

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Self-scoring your Organisational Match qualities

As the organisation you are in can impact a lot of your time it is important to assess your compatibility with your organisation. By assessing your Organisational Match you can determine the possible positive and negative impact it may be having on your health.

From the definitions of the qualities in the table below where would you rank yourself? For each of the qualities below write down the score that you feel most accurately represents where you stand at the moment. Estimate a score between 1% and 100%. You will be able to compare these with your scores from your questionnaire later on in this portrait.

Life quality definition	Self-score %
Recognition at Work You feel that your efforts at work are acknowledged appropriately	
Organisational Engagement You feel enthused, energised and absorbed by your work	
Person-Organisation Fit Your level of compatibility with your organisation	
Person-Job Fit Your level of compatibility with your job	
Supportive Leadership How supportive your leaders are at work	
Coaching Leadership The degree to which your leaders provide opportunities for you to develop	

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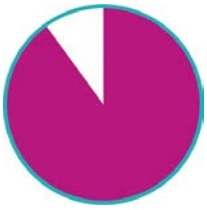
Organisational Match quality scores

These are your scores calculated from your responses to the questionnaire. You can compare these with your self-scores and use them as a reference for developmental discussions.

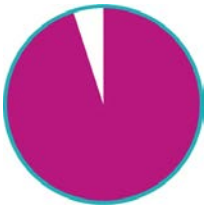


90%

"A brave man acknowledges the strengths of others."

Recognition at Work

Veronica Roth

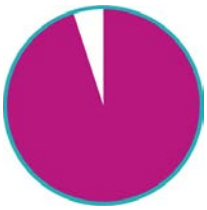


97%

"Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort."

Organisational Engagement

Franklin D. Roosevelt

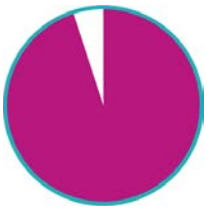


93%

"A man's work is one of the more important parts of his social identity, of his self, indeed of the fate in the one life he has to live."

Person-Organisation Fit

Everett Hughes

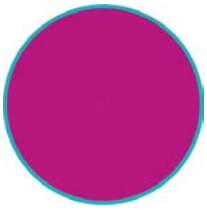


97%

"Living in a way that reflects one's values is not just about what you do, it is also about how you do things."

Person-Job Fit

Deborah Day

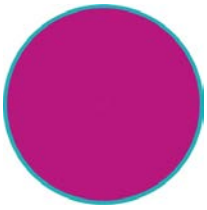


100%

"The glue that holds all relationships together – including the relationship between the leader and the led is trust, and trust is based on integrity."

Supportive Leadership

Brian Tracy



100%

"There goes my people. I must follow them, for I am their leader."

Coaching Leadership

Mahatma Gandhi

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Life Support summary questions

What areas of your social life are most important to support your health?

Is there something you could develop at work?

What relationships have the biggest influence on your health?

Who do you turn to for support most frequently? How could you develop that relationship?

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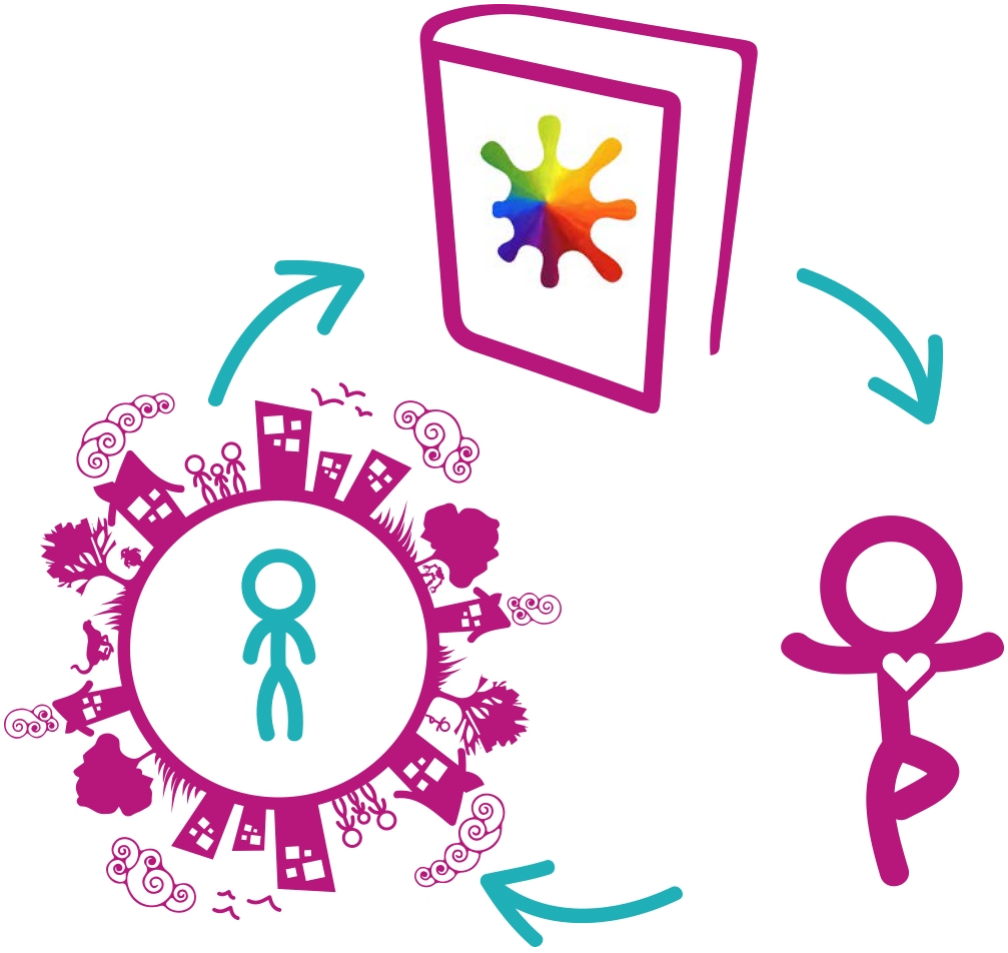
Positive health overview

The focus of this Lumina Life Portrait is to guide you in how to develop your overall well-being, and the Portrait will do so through exploring the different dimensions of health and the areas in which you may need to improve. Lumina Life will effectively measure these different dimensions so as to provide you with clear, accurate and in-depth information on the areas of your health which you could benefit from addressing.

Life Story



Life Support

Life in Balance

Lumina Life Domains

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Your personal strategy

It is important to recognise your main areas of focus based on your questionnaire scores and use those to boost your self-awareness. This is a key part of creating a sustainable positive health and vitality strategy. Within your Life Story you placed an emphasis on Personal Drive. It is important for you to make the most of this by using your natural ability to generate ideas to come up with creative solutions. This will ensure your Positive health and vitality strategy is never derailed for long.

Make use of your focus on Emotional Energy to help you cope with the current demands of your daily life. Personally, you know how to persevere towards goals in the face of opposition and when you apply this to your positive health and vitality strategy it will strengthen your health behaviours. You know the importance of quickly recovering from setbacks and you are good at tackling challenges head on, knowing that ignoring issues only makes them worse. This can help you to regain your composure quickly and move on.

The final domain to consider when constructing your positive health and vitality strategy is your Life Support. Within Life Support your questionnaire indicates your attention is mainly on the dimension Relationships. In order to strengthen this domain you may benefit from adopting a more flexible communication style. This will allow you to talk more freely with a range of different people and make connections more easily. Your relationships will usually benefit from this more balanced approach and be stronger for it.

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Lumina Life strategy summary questions

What Lumina Life qualities will you focus on next?

What Lumina Life qualities may challenge you? How could you develop them?

How could you use your Lumina Spark Aspects to aid your development?

What do you see in the future as you develop your positive health and vitality?

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Personal/Professional Development Plan

SMART Objectives/Goals

Immediate/Short/Long Term Planning

Specific	Is it clearly defined and not open to multiple interpretations?
Measurable	Is it quantifiable? Are there clearly defined metrics that can be tracked? How will you know when you have achieved this?
Attainable	Challenging, but within reach of a competent employee, given available time and resources
Results/Rewards	What are the final "results" you want from self/others? Are the final results in alignment with your responsibilities in the company? What reward(s) will be generated for self/others when goal achieved?
Time-Phased	Does it have a specific start/end date? Is there a certain amount of defined work to be completed within a specific time period?
Shared	Do you have a support team? Look at your network – can they help you? Coach you? Do you need a new network?

State Goal	
Specific?	
Measurable?	
Attainable?	
Results/Rewards?	
Time-Phased?	

Barriers from others?	
How to deal with?	
Barriers from self?	
How to deal with?	

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GROWS



Set a clear and measurable goal



What are the facts about your current situation?



What are the options you could take?



What will you do to achieve your goal?



Who could support you to achieve this goal?

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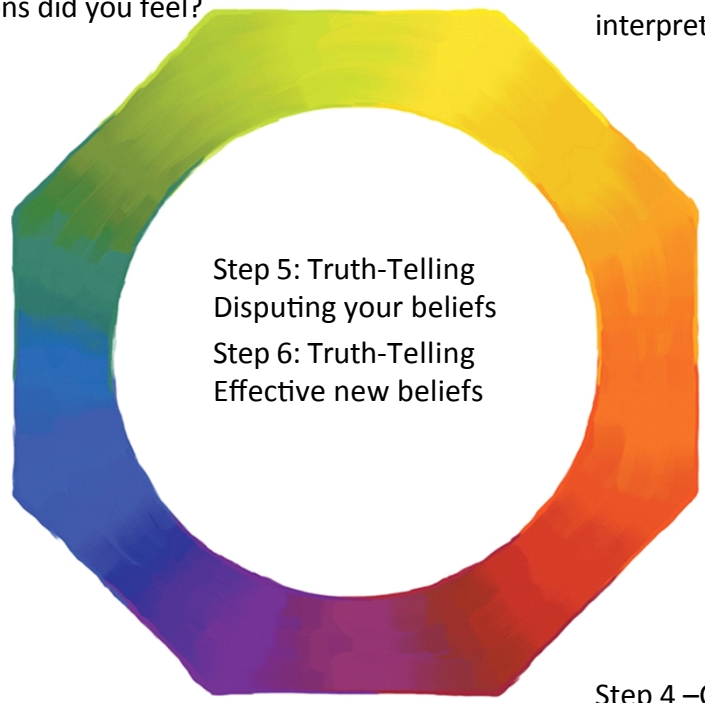
ABCDE

Ellis Model for 'Truth-Telling'

Step 3 –Consequences
What emotions did you feel?

Step 2 –Beliefs
What are your beliefs and interpretations?



Step 5: Truth-Telling
Disputing your beliefs

Step 6: Truth-Telling
Effective new beliefs

Step 1 –Activating Event
What actually triggered it?

Step 4 –Consequences
How did you react? What did you then do?

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Further Solutions

Lumina Spark is the next generation of professional development tools supporting individuals, teams and organisations to work more effectively and improve the bottom line.

Lumina Culture has a larger scope than all other Lumina Learning products and is focused on analysis at an organisational level as well as an individual level.

Sales is the heartbeat of any business. The core Lumina Sales product is a demonstrably validated sales model, practitioner coaching and support model that delivers.

Lumina Team builds greater team self-awareness; encourages effective communication, team harmony and group development; and creates high-performing teams.

Lumina Leader equips you with tools to aid you in leading others by understanding about the people within your group and their different leadership styles.

Lumina Talent is designed to increase awareness for both the recruiter and the candidate as they both can get a much better sense of the qualities needed for a particular role within the culture of an organisation.

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