Quality of Life Services

2 July 2014
Sodexo’s deeply held conviction is that improving Quality of Life leads to the progress of individuals and contributes to the performance of organisations.

Our Institute’s objective is to help Sodexo go beyond this ‘deeply held conviction’ and help it to affirm: “We know, we measure – and we can demonstrate – that improving Quality of Life contributes to the progress of individuals and to the performance of organisations.”
POTENTIAL IMPACT

€18.4 bn revenues
80 countries
428,000 employees

33,300 sites
75 million consumers served daily
18th largest employer worldwide
A RECENT INSTITUTE ACTION
29 APRIL ‘DIALOGUE’ IN LONDON

MANAGING PSYCHOLOGICAL WELLBEING OVER DISTANCE AND TIME

An exploration of how to manage wellbeing while away from home and family

With insight from a variety of perspectives:

• Remote Sites
• Defence
• Universities
29 APRIL ‘DIALOGUE’ IN LONDON
19 PARTICIPANTS

- **Key-note speakers:**
  - Professor Andy Smith, Cardiff University
  - Simon Seaton, Chief Operating Officer, Sodexo Remote Sites

- **Other participants:**
  - 5 UK universities – a combination of academics and student welfare officers
  - a Sodexo off-shore client, UK regulator, trade association and trade union
  - a leading responsible business NGO
MANAGING PSYCHOLOGICAL WELLBEING OVER DISTANCE AND TIME

1. Preparing to leave
2. Being away
3. Preparing to return
4. Returning
5. Being back

- Individual's psychological wellbeing set-point
- Desirable gentle variations from psychological set-point
- Undesirable intense variations from psychological set-point
THANK YOU

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