



## PROJECT NOTIFICATION

Reference No.: 205

<b>Date of Issue</b>	22 September 2023
<b>Project Code</b>	23-CL-26-GE-OSM-A
<b>Title</b>	Multicountry Observational Study Mission on Well-being and Productivity
<b>Timing</b>	14 November 2023–15 November 2023
<b>Hosting Country(ies)</b>	APO Secretariat
<b>Venue City(ies)</b>	Not Applicable
<b>Modality</b>	Online
<b>Implementing Organization(s)</b>	APO Secretariat
<b>Participating Country(ies)</b>	All Member Countries
<b>Overseas Participants</b>	57
<b>Local Participants</b>	12
<b>Closing Date</b>	31 October 2023
<b>Remarks</b>	Not Applicable

<b>Objectives</b>	Understand how to manage the health and productivity of workers; raise awareness of the importance of work–life balance in maintaining well-being; foster emotional intelligence skills to improve interpersonal relationships and productivity; and discuss national policies and corporate strategies for creating supportive work environments that promote well-being and productivity.
<b>Rationale</b>	The APO Vision 2025 promotes the importance of the quality of the workforce in productivity. The concept of well-being has gained increasing attention in recent years in the Asia-Pacific region based on several factors such as rapid economic growth in urban areas, aging of populations, concerns for mental health, and emphasis on the SDGs.
<b>Background</b>	<p>Fostering well-being and productivity is essential for individuals and organizations to thrive. The WHO defines "well-being" as a "positive state experienced by individuals and societies, which is determined by social, economic and environmental conditions." By recognizing the connection between well-being and productivity, workplaces can create positive environments. Understanding work–life balance, flexible work arrangements, and skill development for employees is crucial for this.</p> <p>According to a 2023 Harvard Business Review article, a study conducted by Ernst and Young showed that for every additional 10 hours of vacation time that employees took, their year-end performance improved by 8%, and using all vacation time increased the chances of receiving a promotion or raise. Ensuring workers' health and well-being not only contributes to higher productivity but also invigorates organizations, resulting in improved performance and profitability over the long term.</p>
<b>Topics</b>	Overview of correlations between health and worker performance, their impact on productivity, and how to manage them at organizational level; Work–life balance, mindfulness, emotional intelligence, motivation, and ikigai; Factors affecting well-being and productivity; and How regulations and policies can boost health and productivity management at national level.
<b>Outcome</b>	The link between well-being and productivity is understood; employees' well-being is promoted and resilience in the face of challenges is increased; and practical skills in time management, goal setting, and developing policies to improve well-being and raise productivity are applied.
<b>Qualifications</b>	Government officials, representatives of industrial associations, leaders and representatives of enterprises, academics, and entrepreneurs involved in promoting well-being and productivity at the workplace.

Please refer to the implementation procedures circulated with this document for further details.



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Secretary-General