

**Happiness  
matters**



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# Starlight's holistic approach to Mental Health & Wellbeing





As part of our holistic approach we offer:

- Mental health awareness and positive psychology education to all team members.
- Positive leadership education.



Our positive psychology education is called Positivity@Starlight.

Click [here](#) to learn more about how the above is embedded as part of our culture.

# What is Positivity@Starlight?

Starlight's positive psychology-based approach to developing team members' knowledge, awareness and skills in the practical application of positive psychology to support their best self.



**Starlight**  
Children's Foundation

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*Positivity*  
@Starlight



# Why do we adopt positive psychology at Starlight?

## **Our Vision**

A future where everyone experiences a happy childhood.

## **Our Mission**

To brighten the lives of seriously ill children and young people.

## **Our Why**

Because happiness matters.

If we are at our best, Starlight will be at its best.

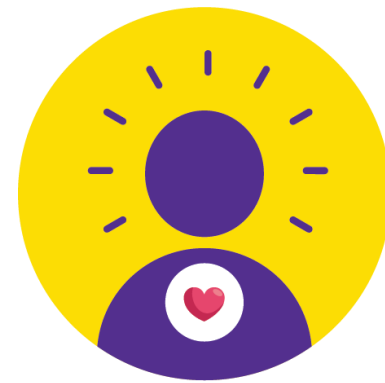
**Examples of additional support offered as part of our holistic approach to mental health and wellbeing:**



**Best Self leave days**



**Pursue meaningful goals, coached by your manager**



**EAP counselling & coaching**



**Positive psychology coaching**



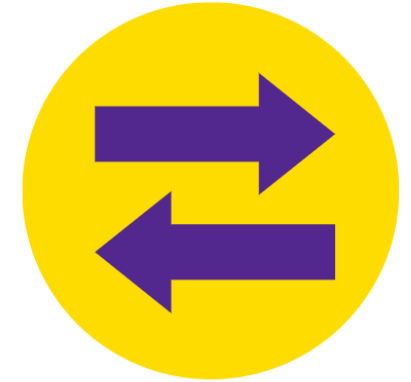
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