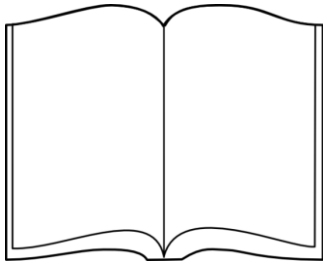




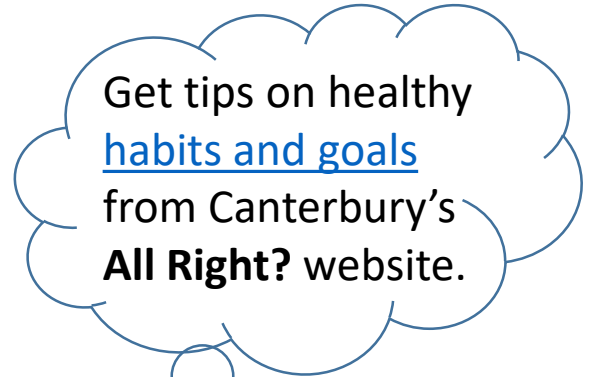
The AGWN Guide to...

Thriving, not just surviving, at work

Research now shows that you can improve your performance at work by looking after yourself better - no surprises there! So here's some resources you can use to look after yourself and your team and improve everyone's wellbeing.



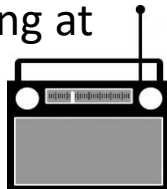
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Get tips on healthy [habits and goals](#) from Canterbury's **All Right?** website.

all right?

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