



Finding your purpose

Have you tried weighing up your options while dealing with life's challenges, only to find that the possibilities are either too daunting or too limited? Check out these ideas to help you focus and work toward your best life.



Pursue your purpose by creating a personal mission statement.

Writing a personal mission statement can help bring your big goals into focus, identify the most important ones and motivate you to live by them.

[Read more](#)



Personal resilience in life and work.

Learn to strengthen your health and wellbeing by building your resilience. Being more resilient can help you bounce back from adversity and overcome challenges and change.

[Read more](#)

Exclusive for registered users.



How do I get there from here? Setting and attaining career goals.

[Log in to access](#)

Top pick of the month.



Caring when you work.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help support your wellbeing, like Anytime Fitness, Booking.com, Samsung and many more.



[Access offers](#)

Your organisation's programme may not include Perks. If you are unable to access, review your workplace benefits or speak to your Human Resources contact.



More to explore this month.

- Check out the new [2024 TELUS Health Wellbeing Calendar](#). Discover our monthly themes and access resources to improve your wellbeing. Bookmark the calendar and check back throughout the year for updates on training and helpful content.
- TELUS Health Learning presents **From silence to support: helping men to open up about mental health on December 5th at 1:30 BST | 2:30 pm CEST**. Join Global wellbeing lead & coach Jake Sanders for a discussion on how supporting men's mental health in the workplace not only benefits individual employees but also contributes to a healthier, more productive, and inclusive work environment. [Register now](#).

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's programme may not include all services and features. To learn more, please log in with your account and review your workplace benefits, or speak to your Human Resources contact.