

Team wellbeing conversation tool



A tool that can be used to have a conversation as a team about your wellbeing. Choose which topics and questions you most want to focus on. Pick, mix and personalise.

Support

How can we help each other through this challenge?

How can we best support our colleagues beyond our own

New ways of working

What are we learning as a team about new ways of working?

How are we creating new norms that support our wellbeing?

How are we supporting our worklife/balance as a team?

How we are feeling

How are we feeling? (it's okay that we will each have our own ways of coping)

How are our energy levels?

What feels the most important to talk about today?

Team Wellbeing **Check-in Tool**



Keeping Connected

How are our ways of keeping in touch working for us?

What might we need to do differently/more of/less of in our communications with each other?

How connected are we feeling to the wider organisation?

Appreciation

What has gone well today/this week for our team?

What have we appreciated about each other?

Challenges

What feels the most challenging for us as a team just now?

What actions can we take that are within our control?

What might we need to accept or let go of?