

Wellbeing – looking after your team, wherever they are

People are being forced to work in new ways and some will struggle more than others

Overwhelmed

Isolated

Worried

Support your team and their wellbeing



Worn-out

Frustrated



Support

Acknowledge their feelings and that whatever they are feeling that day is OK.



Reassure

Regularly focus on what isn't changing, celebrate wins, talk about the future.



Connect

Have regular 1:1's with each staff member. Pair employees up similar to a buddy system



Understand

Recognise that staff can't always give 100% everyday and let them know this is OK



Enable

If team members are not set-up well for remote working, fix if you can or make accommodations.