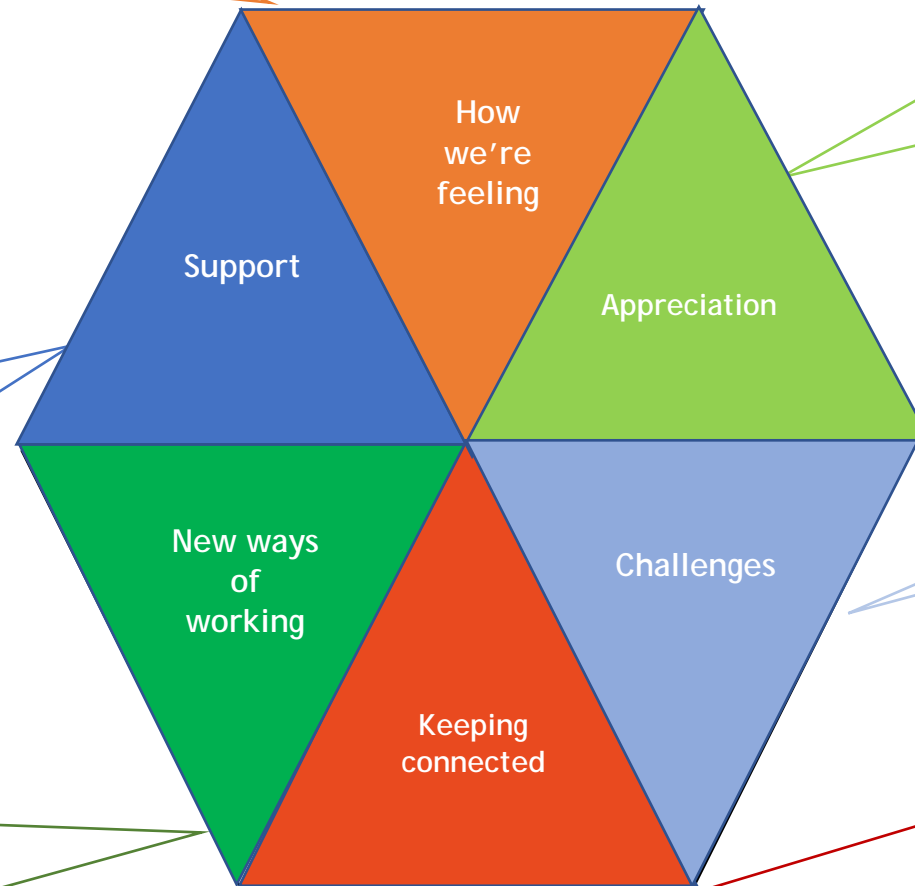


Team Wellbeing Check-in Tool

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.



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

How are our energy levels?

What feels the most important to talk about today?

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

What have we appreciated about each other?

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?

How can we help each other through this challenge?

How can we best support our colleagues beyond our own team?

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 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?