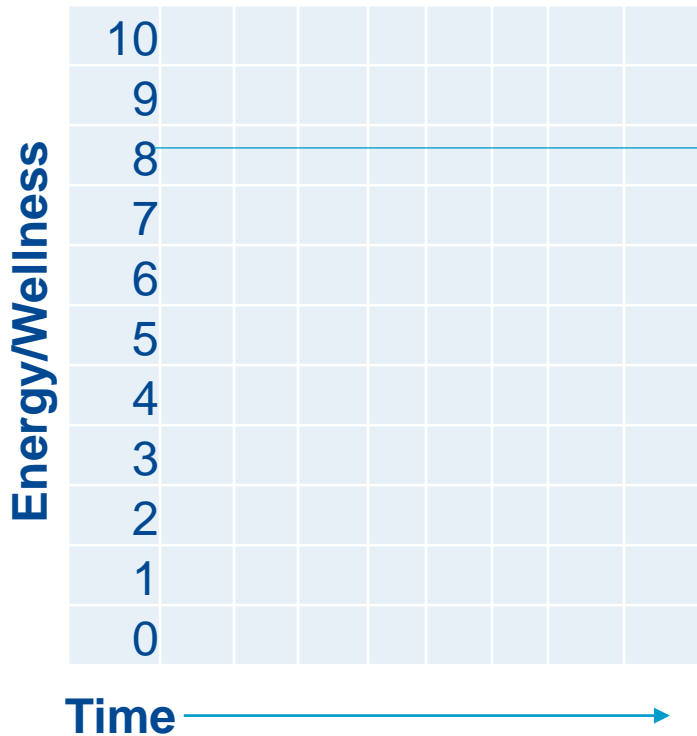
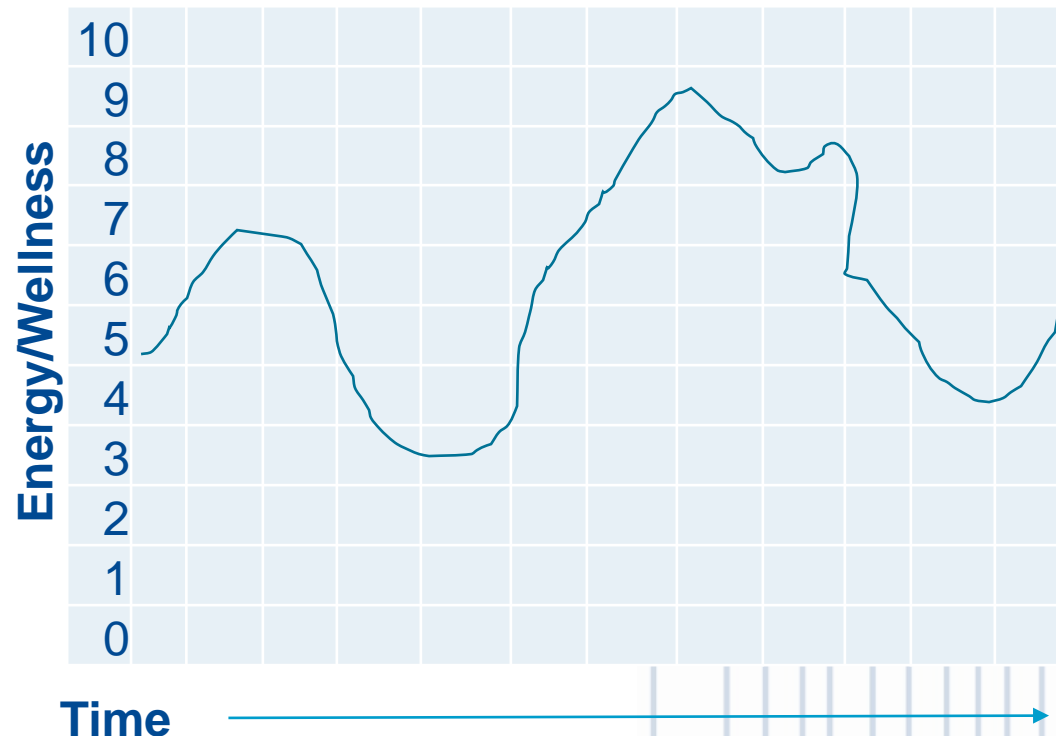


Being well at and from work:

How most work is designed



Our normal energy flow normally like (any given day, week, year)



What can teams & managers/ leaders do?

What do you notice about your energy & wellness? Highs? Lows?

What can I/we do so that you move from x to x?

How can I help you to have as much energy/wellness at work as possible?

How you can use this:

This is meant to be a simple way of thinking about our work and how we can give and get the best from ourselves. We can use it by ourselves, with our team/ colleagues and/or with our manager. By thinking about what/who/when affects our wellness and energy, we should be able to have more choices about what we do and how we do it at work.

There are many things that impact on our energy and wellness at work which include:

Self: our own body rhythms; our underlying wellness; our broader lives; our self-perceptions

Others: the relationships and interactions we have (especially our manager and other leaders)

Situation: what/how we are required/being asked to do; the cultures around us

Recognising, understanding and accepting these and then having honest conversations with others should provide us with more choice about how we can be our best as much as possible. The more we are at our best, the better it is for ourselves, others in lives and the people we serve through our work.