

Well-being Check: Prioritising Team Mental Health & Well-being

Supporting team mental health is essential for fostering a thriving, resilient workplace. This session equips participants with practical tools to prioritize well-being and create a culture where mental health is openly acknowledged and valued. Learn how to conduct meaningful check-ins that strengthen connections and promote trust within your team.

Explore strategies to recognize signs of stress, offer support, and cultivate an environment where team members feel safe and supported. By making mental health a priority, participants will empower their teams to navigate challenges, enhance collaboration, and maintain overall well-being.

Learning Objectives

- Understand team well-being and why it matters.
- Recognise how leaders can foster psychological safety, support, and resilience at work.
- Apply intentional check-in strategies to strengthen team connection and trust.

Content Outline

Understanding Team Well-Being

- Why team well-being is essential in today's workplace
- The hidden impacts on employees and organisations
- Distinguishing truths from myths about mental health at work

The Leader's Role: Creating Space for Safety, Support & Strength

- The leader's role in supporting mental health
- Building safe and inclusive workplace cultures
- Recognising early signs of mental health concerns

Building Connection Through Intentional Check-Ins

- What intentional check-ins are and why they matter
- How to initiate and implement check-ins using a conversation toolkit
- The role of leader self-care in sustaining support for teams