

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

Key Takeaways

1

Team Well-being Matters

It creates psychologically safe, resilient, high-performing teams.



Connection & Collaboration

Builds stronger, more supportive relationships.



Resilience

Reduces stress and prevents burnout.



Trust & Openness

Creates space for early, authentic sharing.

2

Leaders Set The Tone

Through awareness, actions, and the ripple effect on wellbeing.



Early Identification & Support

Daily proximity means leaders spot changes early and can offer timely check-ins.



Normalising Conversations

When leaders speak openly about mental health, it reduces stigma and build a culture of trust.



Shaping Sustainable Work Practices

Leaders influence workloads, boundaries, and balance—creating conditions that protect team well-being.

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

Key Takeaways

3

Beyond "How Are You?"

Use open-ended prompts and the LEAP toolkit to guide supportive conversations.



Make It a Habit

Embed check-ins into team routines so connection becomes part of the culture.



Wellbeing Starts With You

Leaders who role-model self-care and authenticity encourage their teams to do the same.



Need a bit more help?

Discuss with your coach on more personalised strategies!



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

