

Worksheet (individual)

**Workplace fuel consumption**

**Activity – checking your fuel tank level**

1. Identify how you can strengthen the parts of work that energise and fuel up your staff.
2. Identify how you can eliminate, isolate or minimise the parts of work that drain energy and empty your people’s tanks.
3. Think about what supports and services at work and in the community could help.

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| **Work area** | **Fuel in:** | What can we doto strengthen these? | **Fuel out:** | Are there supports available? |
| **Environment** |  |  |  |  |
| **Development** |  |  |  |  |
| **Role** |  |  |  |  |
| **Relationships** |  |  |  |  |
| **Support** |  |  |  |  |
| **Demands** |  |  |  |  |
| **Control** |  |  |  |  |
| **Other stressors****on staff** |  |  |  |  |
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