

# Worksheet

## Team discussions

### Planning for strengthening mental wellbeing in the team

What are the things that we need to have a really good day at work?

What gets in the way of this?

What can we do to make this better as a team?

What other support might we need?

#### **ACTION PLAN**

What is one thing that we will commit to doing as a team this month?

What resources will we need?

Who will take the lead to ensure that it happens?

## Discussion instructions:

In small groups we are going to brainstorm a series of questions, remembering that the purpose of brainstorming is to generate as many ideas as possible before evaluating which ones will work for us. You will see these questions on the team discussion worksheet.

- What are the things that we need to have a really good day at work?
- What gets in the way of this?
- What can we do to make this better as a team?
- What other support might we need?

How:

1. Spend 5 minutes just discussing the worksheet questions.
2. From the discussion, as a group spend 5 mins deciding what actions need to be taken and what behaviours have been agreed. Please note these down on a worksheet.

To help decide which actions to prioritise or act on first you could:

- *Have each group member rate their top idea and pick the one with highest rating, or*
- *Decide based on what the group feel could be achieved in the next week/ month*

This worksheet can be used at regular team meetings to check on progress.