Mental wellbeing and hybrid working

Check in with colleagues regularly when we don't see people physically as much

Upskill managers so they feel equipped in having conversations about wellbeing

Be clear on expectations regarding work patterns

Don't assume people are ok - it is easier to cover mental ill-health when remote

ARE YOU OK?

Facilitate connections - think of ways to bring people together

Be intentional about inclusion - make sure all voices have the opportunity to be heard

Use technology to ensure those outside of the office are not left behind

Create psychologically safe cultures so colleagues feel comfortable sharing concerns

Lead by example with vulnerability; authenticity and role model healthy behaviours

Don't forget to have fun!

Be more human.

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