

HOW SMALL WORKPLACE CHANGES CAN POSITIVELY BOOST WELLBEING

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RECOGNITION



Creating a culture of recognition and appreciation, where people are acknowledged for their contributions, boosts morale and job satisfaction

AUTONOMY



Involving people in decision-making and allowing them to contribute ideas and feedback can enhance their sense of belonging and control, fostering overall wellbeing

WORKLOAD MANAGEMENT



Ensuring that workloads are manageable and realistic can prevent the harmful effects of excessive stress and overwork

ROOM FOR GROWTH



Offering opportunities for skill development and career advancement contributes to a sense of progress and wellbeing

FLEXIBILITY



Implementing flexible work arrangements, such as remote work options and flexible hours, can significantly impact wellbeing

MEETINGS



Provide limits to meeting times

COLLABORATIVE SPACES



Designing collaborative workspaces that encourage interaction, communication, and teamwork can improve social well-being and job satisfaction

CLEAR COMMUNICATION



Clear communication of roles, responsibilities, and expectations reduces uncertainty and stress. Well-defined job roles help employees understand their contributions, leading to a sense of purpose and accomplishment

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Infographics by Adam Morris, BelievePerform

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10 THINGS BOSSES CAN SAY TO CREATE A CULTURE THAT WE ALL WANT TO WORK IN



Your mental health is of utmost importance to me



Don't be afraid to take time off to look after your mental health



What can we do together to ensure we are enhancing your mental health?



How can we be of greater support to you?



What's getting in the way of you doing your job effectively?



I have total faith, confidence and trust in you



I want us all to take the time to get to know each other



Take care of your rest and recovery



Work should never take priority over your physical or mental health



How can we get the best out of your strengths?

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