

Way to Wellbeing



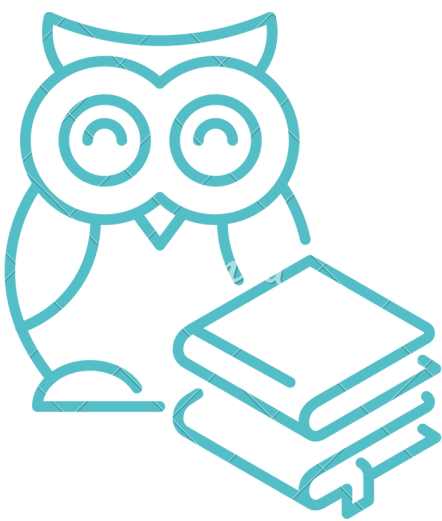
Making workplace wellbeing a reality

A Guide to Compassionate Leadership



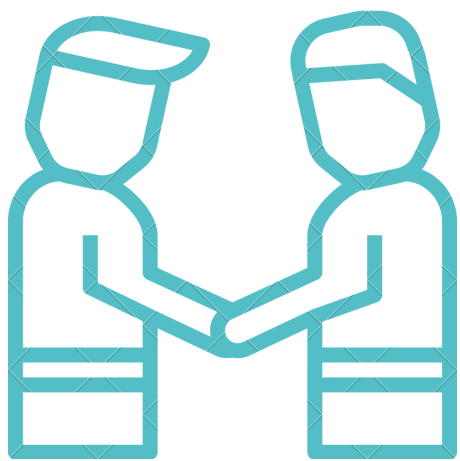
"Compassionate Leaders inspire and motivate by listening, empathising, and empowering."

Start with self-compassion - nurture and connect to you



Move from a culture of blame towards learning & growth

Be curious & open-minded



Treat everyone with respect and dignity

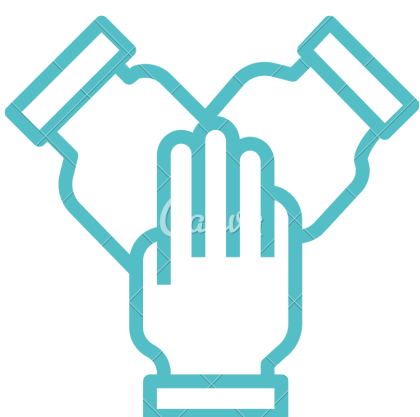
Actively listen to your team's ideas, feedback and challenges



Model expressing emotion and normalise empathy



Communicate clearly, openly and consistently

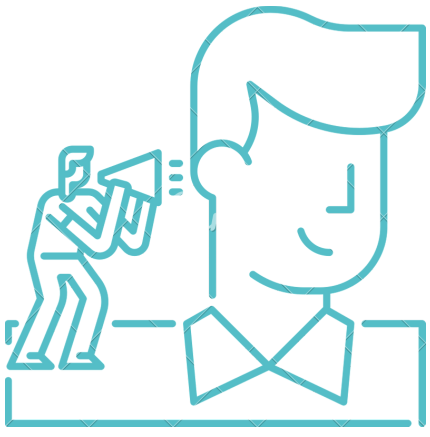


Engage everyone in the vision and values and live these values



Making workplace wellbeing a reality

The Art of Listening



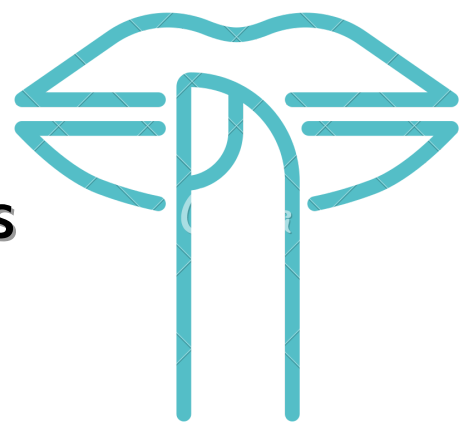
"We have two ears and one mouth so we can listen twice as much as we speak..."

Listen to hear rather than respond



Accept the individual's reality and how they are feeling

"Listen" to body language & silences as well as words"



Reflect back to ensure you have understood

Show empathy and be yourself



Offer to follow up with another conversation

Way to Wellbeing



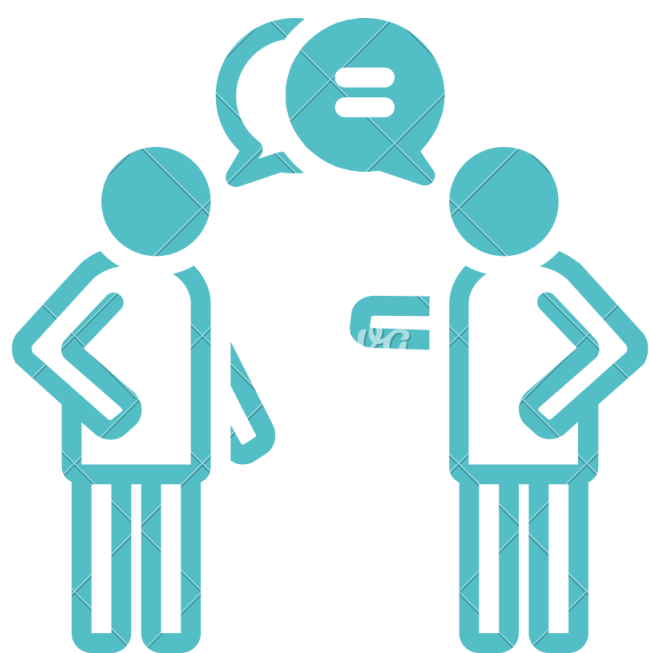
Making workplace wellbeing a reality

A Guide to Mental Health Conversations in the Workplace



Create an open culture by discussing mental health

Start small - ask people how they are



Listen and let people talk

Remember you do not need to 'fix' people



Sharing, talking and feeling 'heard' are key

Follow up conversations

