

Three Tips To Implement Well-Being Strategies In Your Workplace

Tip 1

Stop sending emails to your staff outside of normal working hours so they don't feel pressured to respond promptly. This will give them the freedom to enjoy their leisure time and also reduce the stream of responses back to you – helping you reduce your hours too.

Tip 2

When holding one-to-one meetings, try conducting them as outside walking meetings. It will provide you and your staff member with the opportunity to get some fresh air and exercise while working.

Tip 3

Take a few moments to breathe deeply at the beginning or end of a meeting. It is an amazingly simple tool to clear your head and reset your mind to the task at hand. Encourage your staff to join you in this activity.