

PRACTICAL QUESTIONS TO engage with employees around well-being

WORK

1. How are you managing with work in the current set-up (e.g. WFH, homeschooling, caring duties, isolation)?
2. What are you enjoying most about the current set-up?
3. What are you finding most challenging to get done?
4. What support at work has been helpful to you?
5. Is there anything we can do to better support you with your work?

HEALTH

1. What are you doing to get good rest breaks and meals during the week?
2. How are you keeping yourself refreshed and energised?
3. How have you been sleeping?
4. How have restrictions / lockdown / WFH impacted your nutrition and eating habits?
5. Is there anything we can do to make your life better?

LIFE

1. What did you do this week that made you feel good?
2. What are you doing for fun or to recharge? **Or** Tell me something that made you laugh out loud this week?
3. What's taking up most of your headspace right now?
4. How is everyone managing being at home together (i.e. partner, kids, housemates)?
5. How are you staying connected with family, friends and loved ones?



Select only a few questions to support the conversation



Listen intently and empathise



Act swiftly to support employees