

Wellbeing Meeting Agenda

1) Introduction as to why the meeting has been called...

- a. If staff member has requested the meeting, then a clear explanation from them of their current well-being and the facts surrounding it
- b. If the company has requested the meeting, then a clear explanation of why it was called.

2) Are you aware of the support and materials supplied by the company to support your well-being?

- a. Regular Supervision
- b. Health & Wellbeing page on website with links and resources
- c. Stress Container
- d. Crucial Cs
- e. Wellness Action Plan
- f. The Stacking Plan
- g. Resource library at Head Office

3) Are you able to identify the factors affecting your happiness?

- a. Using the Stress Container?

4) What is your plan to RESET your well-being?

- a. Mental health support
- b. Fitness and exercise
- c. Healthy eating and nutrition

5) What can we do to support you, as you take action?