

12 steps to a thriving workplace

Your Workplace Wellbeing Checklist

	Yes	Somewhat	No
1. We have a mental health and wellbeing policy developed in consultation with all stakeholders.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Our mental health and wellbeing strategy is active, effective and regularly evaluated for continuous improvement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. We have policies and practices to create a psychologically safe environment for all employees, including safeguards against workplace bullying and harassment, and return to work procedures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. We encourage team leaders to become accredited in Mental Health First Aid.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. We provide access to regular mental health and wellbeing education for all employees. This includes online learning, workshops and presentations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. We proactively offer professional development opportunities for growth and learning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. We have a recognition and reward program.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. We celebrate work milestones and encourage a culture of gratitude.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. We create clear communication structures to ensure decision-making and changes are transparent, supportive and positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. We invest in developing leadership skills and strive to create supportive, consultative and challenging leaders.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. We align business strategies with the company's values to provide purpose and meaning behind decision making.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. We support flexible working for healthy integration of work/life factors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How does your workplace's wellbeing stack up?

Filling the gaps can be easier than you think.

Book your 15 minute discovery call to find out how.

[CLICK HERE](#)



WORKPLACE
wellbeing

Based on research by Superfriend, McKinsey & Company and Journal of Positive Psychology