

## **Workshop: Supporting Health and Wellbeing**

Allocation of annual leave (Flexibility)

Exposin

Feedback to staff

Teamwork- respect; value

Validation

Appraisals, Mentors, workshops (Support/development)

Review of staffing template (Job satisfaction)

Recruit staff (Job satisfaction)

Time management (Job satisfaction)

Review of policies and procedures (Flexibility)

Equality (Flexibility)

Fair distribution within staff (Flexibility)

Develop a culture of caring (Mental Health)

Resilience (Mental Health/ Physical Health)

Adequate rest breaks (Mental Health/ Physical Health)

Good diet (Mental Health/ Physical Health)

Safe staffing to minimise stress/minimise injuries (Mental Health/Physical Health)

Empowerment

Access to occupational health (Support)

Care First/EAP (Support)

Induction programme (Support)

Valued (Job Satisfaction)

Time to care (Job satisfaction)

Empowerment (Job satisfaction)

Appraisal (Job satisfaction)

Development (Job satisfaction)

Down time (Work/Life balance)

Good roster (Work/Life balance)- connected with down time

Flexible working (Work/Life balance)

