



Workshop for Leading for Wellbeing and Inclusion

My Reflections and Goals

Mental Well-being in the Workplace

- My key take-aways from this part of the workshop are:

Building my Leadership Capability

- My key take-aways from this part of the workshop are:

- A SMART goal or practice I am working towards in this area is:

Using the 4R's Framework to support Staff Well-being

- My key take-aways from this part of the workshop are:

- A SMART goal or practice I am working towards in this area is:



My Leadership Action Plan

Supporting my own well-being

- Strategies I can use to promote sustainable well-being include...

- What might get in the way is...

- What would help me overcome it is...

- An area of future development is...

Supporting my team's well-being

- I can support my team by....

- I can encourage my team's well-being through...

- One thing I can implement for my team from this training is....
