

Supporting Your Team

Get to know your team – get to know your team and let them get to know you. Learn about each other's roles, skills, personalities and coping styles. Embrace diversity.



Understand what protects and jeopardises wellbeing at work.



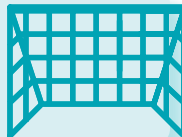
Create and inspire trust. Say what you're going to do, and do what you say you'll do

Communicate – be clear about what you expect from your team, and what they can expect from you.



Respect – encourage and act with fairness and courtesy.

Share goals – work together with a clear sense of purpose.



Appreciate – recognise and thank your team for a job well done.



Do as I do – model and promote the benefits of self-care, both physical and psychological.

Be **approachable** and available – **listen** when staff come to you for support, and make time to check in with those who haven't.



Be a bridge to support. Know what help is available and help colleagues access the support they need. Refer to the information on our [Find Help](#) web page.

Be kind to yourself too. Have a look at our staying well tips and other resources on the [Coping and Self-Care](#) section of our website.

