



# LEADING WITH WELL-BEING

## A Journey of Recovery

I

### Have you given yourself time to pause?

Before you begin a journey of recovery, recognise that you need time: time to take stock of what happened and what's ahead.

Today / This week I will...

*Take a moment to consider where I stand and where I'm going*

### Are you giving your well-being an honest assessment?

Before leading others on a journey, your well-being is paramount. How are your energy levels feeling and what changes – even small ones – do you need to make for yourself?

Today / This week I will...

*Scan my mind and body for how I feel*

### What's your relationship with The Four Elements?

How you fuel yourself, your daily relationship with movement, your personal time and your connection with others: this is your foundation of well-being.

Today / This week I will...

*Look at how I Eat, Sweat, Think and Connect*

YOU

### Who is going to be closest to you?

Look at who is going to be closest to you on the journey. Remove assumptions or expectations, and start connecting through an open conversation about what both of you are thinking.

Today / This week I will...

*Talk to the people close to me about their perspective*

### What are you sharing forward?

Well-being brings performance and capability. How can you support the health of someone else close to you?

Today / This week I will...

*Make an act of kindness or simply ask how someone is really doing*

### Can you find an outside voice of reason?

Who is not in the situation? This person can give an impartial point of view that helps with a different outlook. Embrace help and opinions.

Today / This week I will...

*Communicate with someone whose opinion I trust*

WE

### What's the level of connection with each team member?

Take any opportunity for an agenda-free chat either between yourself and team members, or split into groups if there are too many people for one-to-one chats.

Today / This week I will...

*Have one-to-one communication that's not about work*

### When might energy levels go higher or lower?

Recovery doesn't have to be all moving forwards or upwards at all times. Along the path people may need to be picked up and also given downtime in order to stay consistent.

Today / This week I will...

*Judge the energy of 'the room' and signpost people to the resources they need*

### Are you leading with well-being?

This is the big question – in order for your team to feel as though they have the 'permission' to put well-being first, are you sharing and showing that you are doing the same? Are you sharing your passions, inspirations and daily well-being habits?

Being comfortable with sharing your thoughts can inspire others to do the same and the environment becomes one of trust.

Today / This week I will...

*Show, share, become!*