

AT A GLANCE:



BREADY, WILLING AND ABLE



WHAT'S THIS THEME ABOUT?

Whether winter is on its way, or the end of the financial year is just around the corner, at certain times of the year, our workloads increase, stress levels rise, and deadlines start to fall. Physically we get run down, emotionally we get tired, and our overall productivity can soon follow suit.

Ready Willing & Able looks at our personal wellbeing, and what we can do to look after ourselves - not just during peak times, but throughout the entire year.

Through our next four weekly conversations we ask the questions:

- What is a healthy organisation?
- How healthy is our team feeling right now?
- What healthy habits can we introduce?
- How can we better support each other?

WHY IS THIS IMPORTANT?

The Healthy Organisation

The healthier the business, the more capable it is, so 'health' or 'wellbeing' needs to take into account several factors:

- The **physical health** and wellbeing of staff - are they fit and healthy?
- Their **emotional** wellbeing - how do they feel?
- The **physical environment** and workspace within the business - is it conducive to giving one's best?
- The **skill and competence** levels of staff - are they capable?
- The **operating systems** and processes of the business - are they usable?

The more of these boxes we can tick, the 'healthier' we are!

“Health is the thing that makes you feel that now is the best time of the year.” - Franklin Pierce Adams

IDEAL OUTCOMES

- Positive mindsets about creating a healthy workplace
- Reduced levels of sick leave, stress and anxiety
- Increased knowledge about our policies and procedures that support health and wellbeing
- Better team and individual practices - planning, resourcing and communicating
- A more productive team focused on delivering service excellence

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