

HOW TO PRIORITISE WELL BEING AND THE WHOLE OF PEOPLE

1 LOG OFF ON TIME

Do not role model the staying late behaviour. Make it sure that you're logging off at a decent hour.



2 EXPECT THE SAME FROM YOUR TEAM

Award those behaviours in a call, or provide a helping hand to someone who is staying late to finish work, in order not to.



3 BE SMART W/ MONDAYS & FRIDAYS

Establish "Meeting-Free Mondays" or "Early leave Fridays".



4 SUPPORT MENTAL HEALTH DAYS.

Tip here: You want it. You take it. (no questions or approval needed)



5 BREAK THE STRUCTURE

Book team events, or even your scheduled sync up meeting, in the nature or just outside of the office, to the nearest coffee place for example.



6 SET BOUNDARIES

Work with every team member on setting personal boundaries. Create, also, team ones, agreed by everyone, as a team artifact.

