

## Team wellbeing goal/objective

Wellbeing goal/objective Example	Current	Aim
We will encourage each other to take regular breaks and spend more time getting to know one another by December (04 Environment, 05 Relationships)	Not taking breaks and only connecting monthly at team meeting	At least 2 breaks a workday / shift and connect at least weekly
We will draw up a list of professional wellbeing support and display it on our team whiteboard by December (07 Professional wellbeing support)	Information in lots of different places	One accessible list on display