

LEAD - SHOW - CARE

groov

**Great workplace wellbeing
starts with looking after you**



L

Look after you

Prioritise your
own wellbeing

E

Experiment

Find out what
works for you

A

Adapt

Change it up
when needed

D

Develop habits

Build small
actions into
your day



Ready to level up your mental wellbeing?
Head to the Groov app to learn more

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**Your team and colleagues will
not be what they cannot see**



S

Set an example

Talk about
what you do

H

Help

Suggest
different
ideas to try

O

Observe

Look for
opportunities
in the
work day

W

Work as a team

Do things
together



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Supporting those around you



C

Check in

Are you OK?

A

Actively listen

You don't
need to have
the answers

R

Reassure

I'm here
for you and
want to listen

E

Encourage

To get help if
they need it



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