

Staff Wellbeing

Activity 1

Use the emotional energy quadrant to identify where you sit within it and acknowledge why this might be.

Reflect with colleagues and discuss how your behaviour might change depending on how you are feeling. This will help you to become aware of each other's feelings and how behaviour might change when stress levels are higher.

In order to move into the 'performance zone' it is important to find ways to ground yourself in the 'recovery zone.' Discuss with your colleagues how you could create opportunities within your setting to promote 'recovery'.

