

Leadership Self-Check: Wellbeing

Use this weekly self-check to reflect on how your leadership behaviours and decisions influence team wellbeing.



Role Modelling

- I visibly take short breaks or resets during the day.
- I set healthy boundaries with work and communication.
- I acknowledge personal limits or recovery needs for myself & others.



Team Support and Communication

- I checked in with someone this week with no agenda.
- I asked about workload or support needs.
- I reinforced realistic expectations and timeframes.



Reducing Organisational and Psychosocial Risk

- I clarified roles or reduced ambiguity for someone.
- I supported team autonomy in how tasks are done.
- I celebrated effort and recovery, not just output.
- I allowed others to openly voice workload concerns.

Leadership Intention

This week, I will...

Small, intentional actions shape a culture of care.
Keep leading by example. Your empathy matters.

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