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# Workplace Wellbeing Plan Template

The following *Workplace Wellbeing Plan Template* can be used as you work through the Seven Stories. Seven Strategies.

You can use this table to list the first steps you might take as business or an individual. As a first step consider what you could achieve in a 12-month period only.

Remember to be realistic about:

* what you can commit to
* what might be relevant to a business of your size
* what you feel is achievable.

Small steps are the best way to commence. All steps towards creating more awareness and a more supportive work environment are valuable.

You can add to this *Workplace Wellbeing Plan* over time and when you are ready you can transfer this to a more detailed *Action Plan* such as the one provided in the [Healthy Heads Roadmap Guidelines](https://www.healthyheads.org.au/wp-content/uploads/2021/11/HHTS25137_Guidelines_ONLINE_v17.pdf) (page 89).

This more detailed planning in the future is where you might build a plan that includes actions, goals and priorities over a period of up to three years.



**First steps:**

To get started simply add some first steps you feel you can achieve to the following table, as you read through the Seven Stories. Seven Strategies.

# Workplace Wellbeing Plan

***Completed by: Role: For: Date of plan:***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Roadmap Strategy Reference** | **Step** | **How** | **Plan** | **Timeline** |
| **1. Leadership** |  |  |  |  |
| **2. Awareness** |  |  |  |  |
| **3. Workplace culture** |  |  |  |  |
| **4. Work design** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5. Resilience and coping skills** |  |  |  |  |
| **6. Early intervention** |  |  |  |  |
| **7. Support recovery** |  |  |  |  |

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