



SHARING AND LEARNING

THINGS THAT WILL HELP MOVE YOUR PROJECT ALONG

Do you HAVE...

- PROJECT LEAD WITH PROTECTED TIME TO WORK ON THE PROJECT**
- REGULAR MEETING WITH PROJECT TEAM**
(AT LEAST ONCE A FORTNIGHT)
- REGULAR TIME TO DISCUSS PROJECT WITH YOUR SPONSOR**
(AT LEAST ONCE A FORTNIGHT)
- REGULAR SUPPORT FROM YOUR QI COACH**
(AT LEAST ONCE A FORTNIGHT)

- A WAY OF FEEDING TO YOUR WIDER SERVICE ABOUT YOUR PROJECT**
- IMPROVE WELL APP BEING USED BY AT LEAST 60% OF YOUR TEAM**

MORE THAN MINUTES

What can you do to TRIPLE your team's ImproveWell usage?



• EXPORT YOUR DATA

• SETUP PROFILE ON THE APP

• SEE HOW YOU AND YOUR TEAM ARE FEELING

IMPROVEWELL & Life QI



'Thinking about how you feel really helps you change how things are done!'

EXPLORING CHANGE

Change Myths

- It's not linear
- There's no beginning/middle/end
- It's not a process
- It does stop eventually

Change Truths

- It's continuous...
- It's a mindset
- It affects us all differently
- It's a set of Attitudes and behaviours

LEARNING SET 3

ENJOYING WORK