



# Enjoying Work Learning Collaborative

## Leading for change

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19th November 2020



Change



Remote Working



Leadership



Supporting Each Other/Connection

# Session Intention

Inspired to actively support the progress of staff wellbeing at work

To link into the activities of P&C and QI if problem or issue gets too big.



Change



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Leadership



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# The BIG question

**“Our Team members get healthier by coming to work at ELFT than they would if they didn’t work here?”**

- What leadership behaviours and actions
  - Support or go towards this?
  - Work against this?



ELFT *Employee Wellbeing*



ELFT BE  
WELL  
Wheel



Care First 0800 174 319

**Are you having a difficult time and feel you need guidance on any of these issues?**

ELFT staff now have access to a free and confidential counselling/information service.



This service is provided by an independent partner:

**Care first**

Please note: the standard ELFT username and password enable access to the online support portal. However, no personal information is required to login.



# Employee assistance programme

**Online Support:**

- [www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk)
- Username: elft
- Password: employee

**Helpline:**

- Free and confidential support available 24/7
- 0800 174 319

# Troika Coaching Steps

Time

Team member **shares their challenge** and what kind of help they need

1min

Consultants **ask clarifying questions**

2mins

Team member turns his/her back to consultants while **they generate ideas, suggestions and coaching advice**

3mins

Team member turns around and shares **what was most valuable** about the experience

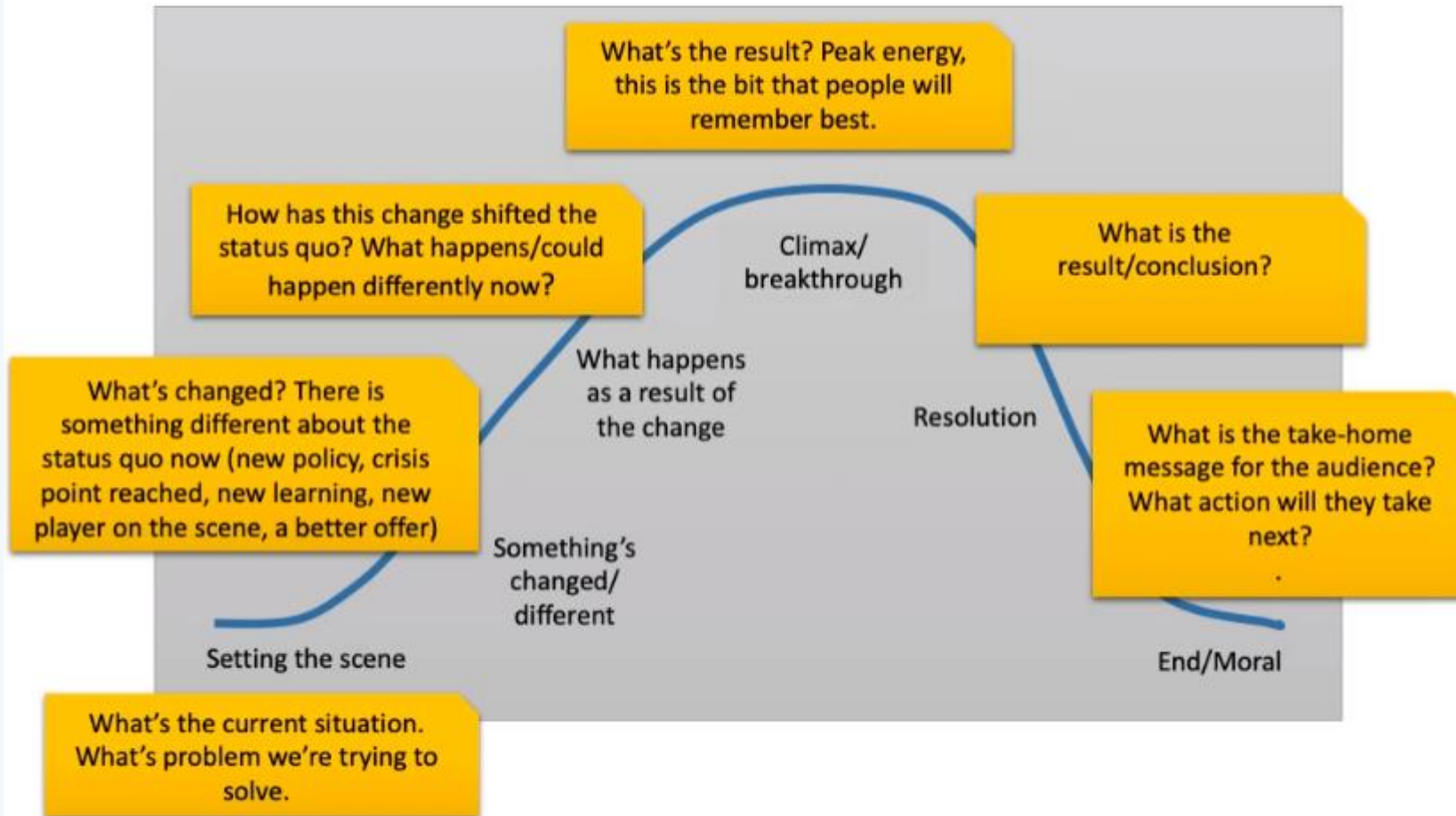
2mins

Group **switches to the next team member** and repeats



# Story Arc

## Story Arc

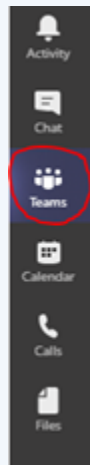




# How to join the Discussion Space

1. Open Microsoft Teams and log in

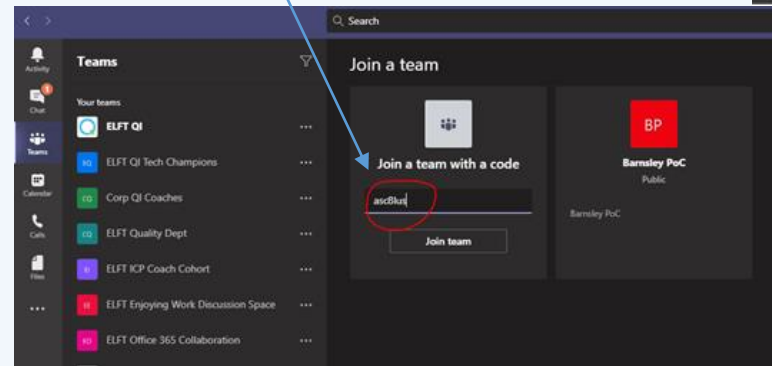
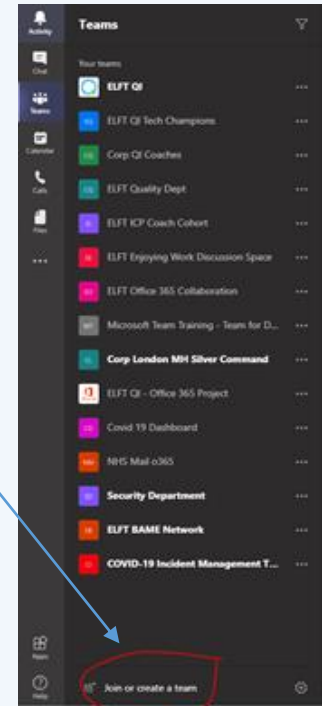
2. On left hand side menu, click on “Teams”, highlighted in red



Next drop-in:  
27th Nov 1-1:45

3. Click on “Join or create a team” at the bottom of the teams page, highlighted in red

4. Enter the code ‘asc8lus’ in the “join a team with a code” section, highlighted in red below and then click on join team and you will be added to the team!



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