



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**

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

'Notifications
at the end of
the day'



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**