

WEEKLY PIT STOP

A SIMPLE WELLBEING CHECK-IN

Wellbeing at work is about how people are feeling, coping, and connecting.

A pit stop is a short, relaxed 1:1 conversation to check in with your staff and show that their wellbeing matters.

Five minutes a week can make a real difference to how supported and valued someone feels at work.

You don't need to fix every problem. Sometimes the most important thing a Leader can do is listen, acknowledge, and show a genuine interest

At A Glance

 **5-7 MINUTES**

 **ONCE A WEEK**

 **WELLBEING,
NOT PERFORMANCE**

 **AT A CONSISTENT TIME**

CONVERSATION STARTERS



**How have you
been feeling
this week?**



**How is your
energy at the
moment?**



**What has
been going
well?**



**Is anything
feeling difficult
right now?**



**What are you
looking
forward to?**



**Is there
anything I can
do to support you?**

YOU MATTER HERE – NOT JUST FOR WHAT YOU DO, BUT FOR WHO YOU ARE.



TRUST



CONNECTION



SUPPORT



PSYCHOLOGICAL
SAFETY