

Staff Wellbeing



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Group Discussion:

- 1. What does “staff wellbeing” look like in practice in your organisation? What are the biggest barriers to achieving it?**
- 2. What low-cost or creative initiatives have made—or could make—a real difference to wellbeing in your team or service?**
- 3. How can we build a workplace culture where people feel safe and supported, and able to speak openly about stress, burnout, or mental health? What small changes would make a meaningful difference?**

Reflection:

- **What's one insight you're taking away from today's session?**
- **What's one thing you'd like to try out—or ask for—going forward?**