

HASANZ

HEALTH & SAFETY ASSOCIATION NZ

Personal Leadership and Working Differently

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What is your purpose?

How does your purpose fit with your personal and organisational values?

Purpose

- What are you trying to achieve while in lockdown?
- What do you want to be remembered for?
- How will decisions impact your brand?

Values

- There are likely to be conflicts between our values, individually and as an organisation. How do you prioritise what's important?

Assets

- Are your people strategic assets?

Personal Leadership

Playing to your strengths

- Identify your strengths and plan how you will use them
- Try to stretch yourself in your strengths – do them more or better
- Help others identify and use their strengths

Personal Leadership

Routine

- Plan your day and keep a routine
- Sleep – regular, enough and in the dark
- Take breaks, rest, and recovery
- Stay hydrated and eat well
- Get exercise and some air

Personal Leadership

Boundaries

- Work in a designated area set up as best as you can to prevent discomfort, pain and injury.
- Let people in your home know when you will be available again. At least shut the door
- Accept that you may not always be productive and be kind to yourself.

Looking after your people

Communication - Strike a balance, cut through the noise

- Ensure messages are relevant, transparent and offer a glimmer of hope for a more positive future.
- Single place where people can go for information
- Normalise the range of emotions.
- Ensure expectations of our people, and ourselves are realistic, communicate this.
- Think about what support your organisation may need to provide to your people over the longer term.

Looking after your people

Connection is important for our wellbeing

ASK

How are you today?
What does it take to have a good day?
What are the supports / barriers?

LISTEN

HELP

REPEAT



How are you today?

No matter how we feel, we can all take steps to positively influence our mental health and the mental health of others around us.

Take a moment to reflect on the questions below and notice how you are feeling today. Support colleagues, friends and family by starting a conversation.

Questions to ask yourself

- How **motivated** do I feel today?
- What are my perceived **energy levels**?
- Do **simple tasks** and **decisions** feel **easy** or **difficult** to me today?
- How well have I **slept** lately?
- Have I **exercised** well lately?
- How has my **diet** been recently?
- How **purposeful** do I feel?
- How **connected** am I to **family** and **friends**?
- How well am I **balancing stress** with **recovery**?
- How **worried** or **relaxed** am I about my **finances** at the moment?

What's your form today?

- 10 I feel my peak form
- 9 Exceptional form
- 8 Very good form
- 7 Good form
- 6 Average form
- 5 Low form
- 4 Very low form
- 3 Extremely low form
- 2 I am struggling and need help
- 1 Crisis, seek help now

It's time to **smash the stigma**.
Let's make this the decade of mental health.

Reflect. Notice. Support

www.formapp.xyz



Bringing it back together

Returning to work

- What did we do of what we set out to do?
- What did we pick up?
- What did we leave behind?
- How did our actions strengthen our organisational or personal values?
- How do we embed these values into the workplace?
- What else did we learn?
- What does this all mean for the future?

Support

- Know what supports are available and how to connect to them
- What has worked for you before?
- What is available through work?
- Mental health Covid resources





Question and Answers

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