



Thrive

Supporting you through change

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Change is part of our journey

It can motivate you to learn and grow, reflect on progress and celebrate achievements, or make you feel hopeful and energised by new opportunities and challenges. It can also make you feel uncertain or anxious, frustrated or not in control, less confident, overwhelmed, fatigued, or concerned about your role.

Things that can help:

- Stay informed by checking [Trust comms](#)
- Focus on what you can control
- Stay connected and offer support
- Maintain routines
- Prioritise your own wellbeing
- Ask to visit your new site / department
- Test your transport routes

Staff resources:

Request a [health and wellbeing check-in](#) with your line manager for day-to-day support, clarity and practical adjustments.

Read the [preparing to move](#) pages.

Complete [eLearning](#) to support self-awareness.

Read flexible working and stress at work [policies](#).

Use [team development resources](#) for tips, ideas and information.

Use [coaching](#) to talk through work-related challenges.

Resources for leaders:

The [building readines for change workshop](#) has modules on leading with confidence, consultations and Patient First.

The [TED toolkit](#) helps to support collaborative and compassionate leadership.

The [leading through change workshop](#) has resources for 1:1s conversations and managing change effectively.

If you:

- Feel persistent anxiety or low mood
- Struggle day-to-day
- Have sleep problems or physical stress symptoms
- Feel isolated or unable to cope

Reach out to:

[Occupational Health](#). Your manager can refer you for an independent specialist assessment.

[Psychological Support and Counselling Service](#). Confidential assessment and support.

Visit VivUp.co.uk or call **0800 023 9324** for free 24/7 emotional wellbeing support.