

UHD

Team

Month



Work as one team,
fit for future changes

Working in a busy environment can be overwhelming and stressful. Checking in with the people around us can make a big difference to their wellbeing. When this is common practice within teams, it can help us to all feel connected, valued and respected.

Here are our top tips for checking in with your colleagues...



Check in regularly

Check in conversations don't have to be formal, you could go for a quick walk or speak with someone as you pass them in the corridor.

Be ready to share

Being honest about how you are feeling will help you develop your relationships with your colleagues and feel more in tune with the team.



Actively listen

Give people your full attention and the space to share. Even if it is just a quick chat in the corridor, in that moment make sure that you are completely focused on them.

Break barriers

If someone in your team is struggling, they may be anxious about asking for help. Having regular check in conversations can make reaching out less daunting.

You don't have to problem solve

If a colleague is having a bad day, don't feel as though you have to fix everything. Simply listening goes a long way.

Keep it simple

Sometimes, the most impactful conversations start with a simple 'How are you?'. This does not pry and allows the individual to be as open with you as they wish.

Branch out

If we have a bond with certain team members, they can become our 'go to' people. It's important that we reach out to those who we may not know so well.



Visit the [Thrive wellbeing](#) intranet pages for more check in guidance

Supporting UHD teams to thrive