**Traffic Light self-assessment: review your team’s current wellbeing culture**

**Read the following seven statements and identify if the team self-assessment is red, amber or green.**

**Red** = we think this would be useful to focus on, but haven’t started yet or this isn’t a priority for us

**Amber** = we already do this in our team and want to do more

**Green** = we do this well in our team, and we need to make sure we keep doing it

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| **In this team we…** | **Select traffic light** | |
| regularly review our wellbeing and the things that influence our wellbeing (identify your team’s wellbeing goals) | Red |  |
| Amber |  |
| Green |  |
| create a safe space to talk about our wellbeing and think about how we role model healthy leadership behaviour (creating a safe and inclusive space to talk about wellbeing) | Red |  |
| Amber |  |
| Green |  |
| support each other to look after our emotional, physical and mental health (looking after your emotional, physical and mental health) | Red |  |
| Amber |  |
| Green |  |
| ensure our work environment is safe and supports our wellbeing (ensuring you have a safe working environment) | Red |  |
| Amber |  |
| Green |  |
| demonstrate collaborative and supportive team working (collaborative and supportive relationships that promote social wellbeing) | Red |  |
| Amber |  |
| Green |  |
| find meaning in the work we do and enable each other to be ourselves at work (finding meaning in the work you do and bringing your whole self to work) | Red |  |
| Amber |  |
| Green |  |
| help one another to find and access wellbeing support when we need it (knowing where to go when you need wellbeing support) | Red |  |
| Amber |  |
| Green |  |

**The approach to developing the team’s wellbeing culture will constantly be evolving. Keep these traffic light ratings under regular review as part of your wellbeing journey.**