

MANAGERS CHECKLIST



CREATE SAFETY

Consider possible outcomes. Plan conversations focused on what would help employees feel supported.

SET-UP SESSION

Preface conversation and give context around goals. Make 'optional' - removing pressure to disclose personal information.



BE CURIOUS

Ask the right questions, *"What practices do you have in place to prioritize your well-being? How can I help?"*

MAKE A PLAN

Set-up check-in time together and follow-up. Establish at least one way employees can support their mental health.



For more Support:

[HEARTCENTEREDPROGRAMS.COM](https://heartcenteredprograms.com)