

# Strategies for workplace wellbeing



- Plan social events that are optional to attend.
- Give staff a voice in choosing and accessing professional learning opportunities to support their growth and confidence.
- Establish support processes and promote access to the Employee Assistance Program (EAP).
- Encourage a culture of help-seeking, mutual support and trust.
- Provide and maintain a welcoming physical environment.
- Prioritise regular positive recognition.

[beyou.edu.au](https://beyou.edu.au)