



LEADERSHIP WELLBEING *Reflection*

The everyday conversations that shape how we care for one another.

AS A LEADER TODAY:



Have I noticed anyone that may need extra support or a check-in?

Have I been attentive to changes in behaviour, mood, physical wellbeing or engagement?



Who have I checked in with?

Have I reached out, used open questions, listened with compassion and an open mind, and created space for genuine conversation and connection?



Who have I supported?

Have I offered practical support, encouraged positive next steps, and helped identify sources of support where needed?



Who am I continuing to walk with?

Who may need ongoing encouragement, support, or follow-up from me?

*We are called to care for one another and for ourselves,
recognising that everything is connected.*

Adapted from Laudato Si' (2015)

LEADING WITH PRESENCE

Leadership is strengthened through presence. Taking the time to notice when something seems different, to check in, and to listen without judgement reflects a culture of care and shared responsibility for one another.

Practising self-care supports leaders to maintain this level of presence and attention over time. It also recognises that leaders need space to pause and restore in order to continue showing up for others with clarity and care.



TAKE A MOMENT TO PAUSE AND REFLECT:



Who have I not connected with recently?



Who may need a check-in from me today?



How might I help someone feel more supported or valued?



How am I caring for my own wellbeing?