



Staff Wellbeing Walk with a Buddy

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LIMITED



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Purpose

To provide an opportunity for colleagues to connect, reflect, and support each other through informal conversation.

How to use

- Pair up with a colleague
- Take a short walk (10–20 minutes)
- Use the prompts below to guide conversation
- Listen with openness and without judgement

Conversation Prompts

(Use the prompts that feel most helpful to guide your conversation)

- What's been the highlight of your term so far?
- Has anything been on your mind lately?
- Is there anything that has been feeling challenging or stressful?
- What self-care activities have you enjoyed recently?
- Are there any goals you're currently working towards?
- How are you managing your workload at the moment?
- Is there any way that I can support you?

Gentle Reminder: This is not a formal process—just a simple way to check in, connect, and support one another.

Ways to Support Each Other

- Listen without trying to “fix” everything
- Acknowledge and validate each other's experiences
- Offer support where appropriate
- Respect confidentiality
- Clarify how they would like to be supported (e.g. listening, guidance, or problem-solving)

Optional Reflection

After your walk, take a moment to consider:

- One thing I'm taking away from this conversation
- One small action I might take for my wellbeing
- How I can contribute to my colleague's wellbeing