

WEEKLY PIT STOP

A SIMPLE WELLBEING CHECK-IN

Wellbeing at work is about how people are feeling, coping, and connecting.

A pit stop is a short, relaxed 1:1 conversation to check in with your Educators and show that their wellbeing matters.

Five minutes a week can make a real difference to how supported and valued someone feels at work.

You don't need to fix every problem. Sometimes the most important thing a Leader can do is listen, acknowledge, and show a genuine interest

At A Glance



5-7 MINUTES



ONCE A WEEK



WELLBEING,
NOT PERFORMANCE



AT A CONSISTENT TIME

CONVERSATION STARTERS



How have you
been feeling
this week?



How is your
energy at the
moment?



What has
been going
well?



Is anything
feeling difficult
right now?



What are you
looking
forward to?



Is there
anything I can
do to support you?

YOU MATTER HERE – NOT JUST FOR WHAT YOU DO, BUT FOR WHO YOU ARE.



TRUST



CONNECTION



SUPPORT



PSYCHOLOGICAL
SAFETY



Farran Street
Education

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