

Manager support: behaviours to support health, wellbeing and engagement

Action plan

This action plan will help you identify a few simple actions you can take to build on your strengths and address the behavioural areas you want to develop.

Strength or area you want to develop	What actions are you going to take?	What will be your first step?	When will you take the first step?	What support do you need to take this action and from whom?