



HOW MANAGERS CAN HELP EMPLOYEE WELL-BEING IN THE NEW NORMAL



01. BE VULNERABLE

Share your feelings with your team too. Be there for them and willing to help.



02. REGULAR CHECK- INS WITH YOUR TEAM MEMBERS

Check-in with your colleagues from time to time. Have an open dialogue, share and make them feel inclusive.

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03. NURTURE THEIR INTEREST

The key is balance. Give them enough time during the day to walk away from the computer screen and phone, take a step back, and to clock out at the end of your shift.



04. BE PREPARED FOR BREAKDOWNS

These are extraordinary times and we must all come together (virtually) to help each other out. Reach out to them, lend a ear to listen or sort professional help or counselling.



05. SET REALISTIC EXPECTATIONS OF WHAT YOU CAN ACCOMPLISH.

Set and manage expectations early on with your team and managers. Figure out your working hours, when you'll be most available and how much you can get done.



06. BE AWARE OF WORKPLACE HARASSMENT

Set guidelines. Restrict calling and messaging after office hours. Set virtual communication boundaries. And lend a patient ear, if anyone reports a complaint, act upon it.





**WATCH THIS SPACE
FOR MORE
MANAGEMENT TIPS**

Reach out to us on:
www.kelphr.com / talk2us@kelphr.com