

## 7. Little things that can make a big difference

As a team, **discuss the little things you could do every day to support each other.**

Once you've finished talking through each item, tick it off the list and move to the next. Make notes to remind yourself how you can support yourself and others. You don't need to fill in every box, just those which are most helpful to your team.

### Little things we can all do every day to create a positive culture

- Be responsible for your own attitude, behaviour and reactions.

- Be interested, check in with people and ask how they are.

- Let people know if you are on the receiving end of inappropriate behaviour - speak up, don't wait.

- If you witness inappropriate behaviour - speak up, don't wait.

- Show appreciation – say 'thanks' – when people do the right thing.