



# Embodying values in wellbeing conversations

In our Wellbeing Conversations workshop, we ask you to think about the **values you'd like to embody** when engaging with your colleagues in conversations about their **emotional health**.

Below you will find a non-exhaustive list of values that might be helpful in a work setting. Reflect on each and consider which ones you feel would be most desirable to guide your interactions during any given wellbeing conversation. Are there any other values you would add?

