We act with humility and respect by listening and encouraging openness from our diverse team. We allow colleagues and team members to share moments of normality.

Day 1
List what you have achieved so far in your life and why you are happy about it. List as many as you can!

Day 2
Practice a short meditation from an App (Calm, Headspace, Buddhify) or this 5 minute meditation. How does it make you feel?

Day 3
Fit your hours of work into your day to support your productivity cycles, working environment and availability to colleagues. Have a read about productivity cycles here.

Day 4
We build relationships beyond our own team, through trust and shared goals. We work to create safe spaces for connection, conversation and support.

Day 5
Increase your connectedness with your team by sharing images of your hobbies and interests from home or site. Tips for great photos!

Think about who makes you smile. If you feel comfortable, tell them about it and thank them. There is magic in your smile.