

# Dealing with stress and burnout



# Improve relationships between employees



Things like respect, honesty, support and clear communication are the foundations here



# Conduct recurring one-on-ones



**To demonstrate that you are invested in your team's progress, schedule regular meetings with them and provide honest feedback.**



# Clearly define roles and expectations



**When roles and expectations are clearly defined, there is less confusion and greater productivity**



# Get your team to know each other



Learn each other's interests, keep your tone respectful and be mindful of the language used



## Offer health benefits



**Providing a safe place to address physical and emotional issues will boost the general wellness of your staff and your organisation**



# Choose WoW as your employees' wellbeing safety net



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