

# take 10 together

Below is our Take 10 Together Tips - for supporting someone you notice who is showing a sign or change that concerns you. 'Take 10 Together' and have that conversation with them.

## USEFUL TIPS FOR TALKING...



**1** Keep the chat positive and supportive

**2** Listen carefully to their response and explore the issues and how you can help

**3** Keep your body language open and non-confrontational

**4** Be empathetic and take them seriously

**5** Do not offer unhelpful advice such as "pull yourself together" or "cheer up"

## USEFUL QUESTIONS TO ASK...



**6** How are you feeling at the moment?

**7** How long have you felt like this - is it an ongoing issue?

**8** Who do you feel you can go to for support?

**9** Are there any work-related factors which are contributing to how you're feeling?

**10** Is there anything I can do to help?

**There is always hope in sharing.**

For more information about how Oakridge can support your organisation, including the workshops we offer relating to mental health, wellbeing, resilience, stress and mental health first aid; please contact us on:



# IMPROVING BUSINESS PERFORMANCE THROUGH YOUR PEOPLE

**People are at the heart of your business and ours.**

Organisations achieve outstanding results when their people are properly led, deeply engaged, challenged and supported through individual coaching, or melded into a team.

When your people excel – your business excels.

We specialise in developing people by focusing on the attitudes and beliefs that underpin effective behaviours. We support organisations to help them recognise an individuals' needs when faced with challenging times. We do this by providing one to one coaching and workshops in topics such as 'managing absenteeism including long term absence and mental health'. Some of the practical strategies we work through with organisations include:

- **How to recognise early signs of stress and mental health and offer support**
- **How to provide proactive and preventative support – offering workshops such as personal resilience, keeping life in balance and handling stress in yourself and others**
- **How to promote healthy workplace campaigns**
- **How to hold difficult conversations compassionately.**

Our team are on hand to discuss your organisation's requirements. Please do contact for a no obligation discussion.

**Email: [info@oakridgecentre.co.uk](mailto:info@oakridgecentre.co.uk) Telephone: 0161 327 2031.**

Oakridge is an internationally recognised and award-winning consultancy and training provider. We work extensively with companies on organisation design and development, strategy implementation and leadership alignment.

**We provide our leading-edge thinking and work in three key areas:**



**Engaging Leaders**



**Team Effectiveness**



**Performance Coaching**

  
**Achieving more together**

Consulting  
Training  
Facilitating  
Coaching

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**“Such engagement has never been so important nor such a critical factor for achieving the results you need from the people you value.”**