

Velliv

Rules of play – managers

What do you know?

– preventing stress in the workplace



Rules of play

START THE DIALOGUE – MANAGERS

1. Accompanying the booklet we've read – What do you know? – Preventing stress in the workplace – are 15 dialogue cards, each describing different work-life dilemmas.
2. We're now going to discuss the different situations in groups of 4-6.
3. The purpose is to talk about your role and what you can do to prevent stress.
4. Talk about the individual dilemma by asking questions, such as:
 - a. What is at stake?
 - b. Do you recognise the situation?
 - c. What would you do?
5. Read the cards one by one. It's more important to delve into those dilemmas that are relevant rather than trying to get through them all.
6. If we uncover "gaps" in our knowledge or preparedness, or if we doubt what we need to or should do, it's an important outcome of the process. It allows us to make agreements and draw up guidelines in the area. Remember to write it down so we can follow up afterwards.
7. When we meet again (agree a time), we're going to share our most important realisations – e.g., particular points or eye-openers or something we can be better at in the future.

BEST OF LUCK!