One Page Summary: Supportive Teamwork to Support Practitioners

Supportive teamwork is essential for a healthy and resilient workplace. Practitioners can foster collaboration, trust, and care through practical actions.

Practical Steps Teams Can Take

1. Foster Open Communication

- Hold regular team meetings to share updates and challenges.
- Use reflective sessions to discuss cases and insights.
- Create a culture where team members feel safe to voice concerns.

2. Share Responsibilities

- Balance workloads by collaboratively allocating tasks.
- Assist colleagues during high-pressure situations.
- Rotate roles for routine tasks to ensure inclusivity.

3. Provide Emotional Support

- Check in regularly with colleagues and listen empathetically.
- Create peer support groups for debriefing.
- Recognise stress and encourage seeking help when needed.

4. Celebrate Achievements

- Acknowledge successes during meetings or via communication channels.
- Celebrate milestones to boost morale.
- Show appreciation through small gestures like thank-you notes.

5. Build Trust and Respect

- Honour commitments and follow through on promises.
- Approach conflicts constructively, focusing on solutions.
- Respect diverse perspectives and value everyone's contributions.

6. Promote Learning and Growth

- Share tools and resources to benefit the team.
- Encourage participation in training and share insights gained.
- Organise informal learning sessions to improve skills collectively.

7. Create a Positive Environment

- Organise team-building activities to strengthen bonds.
- Decorate shared spaces with uplifting messages.

- Establish rituals like end-of-week check-ins to maintain connection.

By taking these actions, practitioners can build supportive teams that foster well-being, productivity, and long-term success.