

National Standard of Canada for Psychological Health and Safety in the Workplace

Introducing and Implementing the Standard with your Team

Tips for Leaders:

Use this worksheet to encourage a discussion about **Balance**. It is one of thirteen factors of the National Standard that have been shown to impact mental health of individuals in the workplace. Be sure to encourage discussion by being open to all answers and opinions from participants.

When to have the conversation: Consider setting aside some time at team meetings, hosting a team development series, or making it a priority discussion at a department retreat, etc.

Suggested materials for the discussion:

- laptop
- speakers
- projector and screen
- flip charts and markers, whiteboard or chalkboard

Suggested process:

1. **Watch** the [Balance](#) video with your team or send it to them in advance so they can watch it before the meeting.
2. **Ask** your team to define the factor in their terms.
3. **Read** the definition of **Balance**:
 - **Balance** is present in a work environment where there is recognition of the need for balance between the demands of work, family and personal life. This workplace factor reflects the reality that everyone has multiple roles: as employees, parents, partners, etc.
 - This complexity is enriching and allows fulfillment of individual strengths and responsibilities, but conflicting responsibilities can lead to role conflict or overload.
4. As a team, **discuss** the positive effects of developing or maintaining this factor including benefits to the employee and the workplace.
 - Have employees discuss what a positive work environment looks like to them.
 - Have employees discuss the negative effects and disadvantages to the employee and work environment.
5. **Ask** participants:
 - What actions could improve/bring about positive change related to this factor within the team or workplace.
 - How you as a leader can help bring about positive change related to this factor.
 - How each member of the team can bring about positive change related to this factor.
6. Commit to supporting change and be sure to follow-up when changes are implemented so your team sees their work is supporting **Balance**.