

Room to recharge

Connection, breathing room, and the way work is organized all shape the working day. Explore what helps you and your colleagues feel supported.

A little room in the day

Enjoy a quiet moment, a shared interest, or a conversation that has nothing to do with the next task. Choose what works for you. Rest and enjoyment do not need a work product to justify them.

What helps work feel manageable?

- Clear priorities and a shared understanding of what can wait.
- Meetings with a purpose and more than one way to contribute.
- Helpful handoffs and information that is easy to find.
- Room to ask questions, seek support, and take available breaks.
- Recognition for the everyday work that helps others succeed.

Notice the conditions, too

A useful pause can help in the moment. A recurring difficulty may also deserve a change in how work is arranged. Colleagues can explore an unclear process or avoidable burden and decide whether to carry an idea forward.

Different ways to take part

A seated activity, a quiet alternative, a remote connection, or a written contribution can make a gathering work for more people. No one needs to explain a health condition or personal circumstance to choose an option.

A question for colleagues

What is something we could make clearer, simpler, or more considerate in our everyday work? Start with a small example and leave room for different experiences.

Support when you want it

Use the program's support routes when a question needs individual attention. A gathering can offer connection; personal health or workplace concerns may call for a different conversation.

Useful companions

- **Open the Amplify space** — <https://teams.live.com//community/FAAzQ3B2126KM9zcQ>
- **Facilitation and learning together** — program page /learn?theme=facilitation
- **Workplace culture and well-being** — program page /learn?theme=culture
- **Intercultural practice** — program page /learn?theme=intercultural