Are you ready to BeUpstanding?

Start here

Do you have the right number of champions?

If you have more than 100 staff, or if staff are spread over different locations, it is likely that your workplace will need to form different work teams, each with their own champion.

What makes a good champion?

A champion can be anyone who has the desire and capacity to help drive BeUpstanding in your workplace.

Key champion attributes:
• Ability to facilitate interactions with management and staff
• Good communication skills
• Ability to motivate people and put plans into action
• High level of interest in health and wellbeing
• Good presentation and facilitation skills

NO

Got it!

The BeUpstanding Toolkit requires a champion.

If you don't have one, we can be your champion for you.

Send us an email.

Does your champion have the time and support to run BeUpstanding?

Champions should have the time and commitment to run the initiative for at least 3 months (spending at least 1 hour per week on the initiative). We recommend champions have the support of a wellbeing committee (between 3-8 staff depending on workplace size) that can help drive activities within your workplace.

Are management onboard?

The Toolkit provides resources to formalise management's approval. But before you start, it's important that the following time commitments are given the OK.

YES

Tell me more

Time commitments

Champion time:
About 30 mins – 1 hour per week for three months

Wellbeing committee time:
About 15 minutes per week for three months (3–8 staff members typically form a wellbeing committee)

All staff time:
One hour to attend an information workshop session

Tell me more

NO

Does management support you to spread the message?

You should have management support to be able to send and post information regarding BeUpstanding to staff. Including:
• Approval to send staff emails about the initiative and links to staff surveys
• Approval to post posters and prompts around the office

Have you thought about the return on investment?

You get $3 back for every $1 invested in workplace health promotion.

Are you sure you don't have the time?

NO

YES

Nothing is compulsory but if management walks the talk, lasting cultural change is more likely.

Congratulations!

You're ready to sign up and BeUpstanding!

BeUpstanding™