

Worksheet (individual)

Workplace fuel consumption



Activity – checking your fuel tank level

1. Identify how you can strengthen the parts of work that energise and fuel up your staff.
2. Identify how you can eliminate, isolate or minimise the parts of work that drain energy and empty your people’s tanks.
3. Think about what supports and services at work and in the community could help.

Work area	Fuel in:	What can we do to strengthen these?	Fuel out:	Are there supports available?
Environment				
Development				
Role				
Relationships				
Support				
Demands				
Control				
Other stressors on staff				