

TIME TO TALK DAY

February 4th 2021



The Power of Small

The ongoing pandemic continues to throw challenges at us all. Big gestures are not always needed, it's often those small personal touches that your employees will engage with.

Checking in to see how they are (and mean it).
Hear/understand the challenges they are currently experiencing with home-schooling, time apart from family and friends, reduced hobbies and things that they enjoy.

All these things will be taking their toll, but actively listening and engaging with others will go a long way.

Small tokens of recognition and support speaks volumes in current society where 'survival' is the topic of conversation.

Recognition doesn't need to have significant cost or be timely, its the small things. Words matter. Make Time to Talk.

time to change
time to
talk day
04/02/21

The
power
of small

**A small conversation about
mental health has the power
to make a big difference**

Let's start talking
Together we will end mental health stigma

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Fun by
mind
for better mental health

Rethink Mental Illness

#TimeToTalk

Using open questions invites better connection

Enquire with genuine heart

What's been happening in your world recently?

What are the things you're finding most challenging right now?

What have you found that helps you through this?

What has your day been like so far?



Listen with full intention

Listen to understand; not give opinion, challenge or solution.

Assume no-one is broken or needs fixing. Just be with them to enquire and listen.

Listen with your ears, eyes and heart.

Make the other person the most important point of focus for the time you're with them.



CONTACT US





We are here to support you.

What has this made you think about?

Contact us for a virtual coffee and make
TIME TO TALK

Contact us hello@aspiringhr.com

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