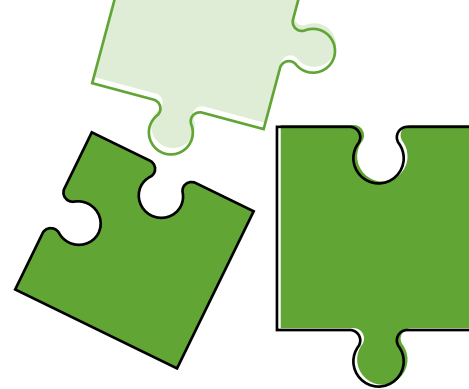


Five tips for managers to build community



A supportive workplace community enhances job satisfaction and can be a protective factor for mental health. People and workplaces thrive when there are strong connections between teams. Managers play a vital role in making this happen.

MHFA England's tips help managers build workplace communities where everyone feels seen, heard, and valued.



Get to know your team

Take time to get to know your people. Find out what motivates them and take an interest in their life outside, as well as inside work.



Encourage open communication

Ask for regular feedback and act on it. Create environments where colleagues are safe to express their thoughts and concerns, enhancing trust and collaboration.



Promote equity, diversity, and inclusion

Celebrate diverse backgrounds and experiences, allowing employees to bring their whole selves to work. Share relevant workplace policies with team members.



Recognise and celebrate achievements

Regularly acknowledge individual and team contributions to boost morale and reinforce a shared sense of purpose and belonging.



Create moments of connection

Plan events and initiatives to strengthen relationships and build a supportive network within the team.

MHFA England has a range of training courses to give your managers the skills, knowledge, and confidence to manage healthy performance. The [My Whole Self: Manager toolkit](#) includes more ideas, principles and practices that managers should be developing to create workplaces where people, communities, and business thrive.



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Learn more at mhfaengland.org or contact us [here](#).