

ENERGY EXCHANGE

Purpose

To help employees share simple habits that protect energy, focus, and wellbeing, while learning practical ideas from each other.

Outcomes

- Builds awareness of what helps people stay energised
- Encourages peer-to-peer learning and connection
- Creates a shared list of practical wellbeing habits the team can try

Time Required

15–20 minutes as a team activity
or leave the board open for 1 week for ongoing contributions

Time Required

- Physical board, wall space, or digital board
- Sticky notes or digital notes
- Pens or markers

Instructions

- 1 Introduce The Activity**
Explain that everyone has small habits that help them manage their energy, and this board is a way to exchange those ideas.
- 2 Ask The Main Prompt**
“What is one habit that helps you protect your energy at work?”
- 3 Add Ideas To The Board**
Invite employees to place their habit under one of the categories: Recharge, Focus, Connection, or Wellbeing.
- 4 Read and Reflect**
Invite employees to place their habit under one of the categories: Recharge, Focus, Connection, or Wellbeing.
- 5 Choose One Action**
Each person commits to trying one new habit during the week.
- 6 Follow Up**
At the end of the week, ask: “What did you try, and what difference did it make?”

ENERGY EXCHANGE

I RECHARGE BY...

I STAY CONNECTED BY...

I STAY FOCUSED BY...

I PROTECT MY WELLBEING BY...