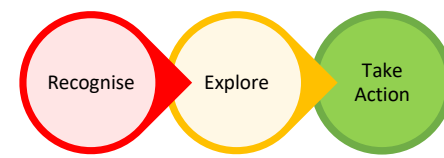


# Health & Well-being: Engaging the workforce

## Take 5 Series

# Health & well-being: Engaging the workforce

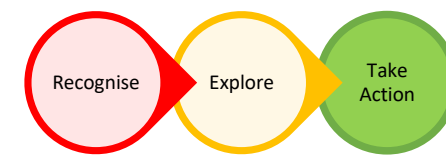


## Quiet quitting

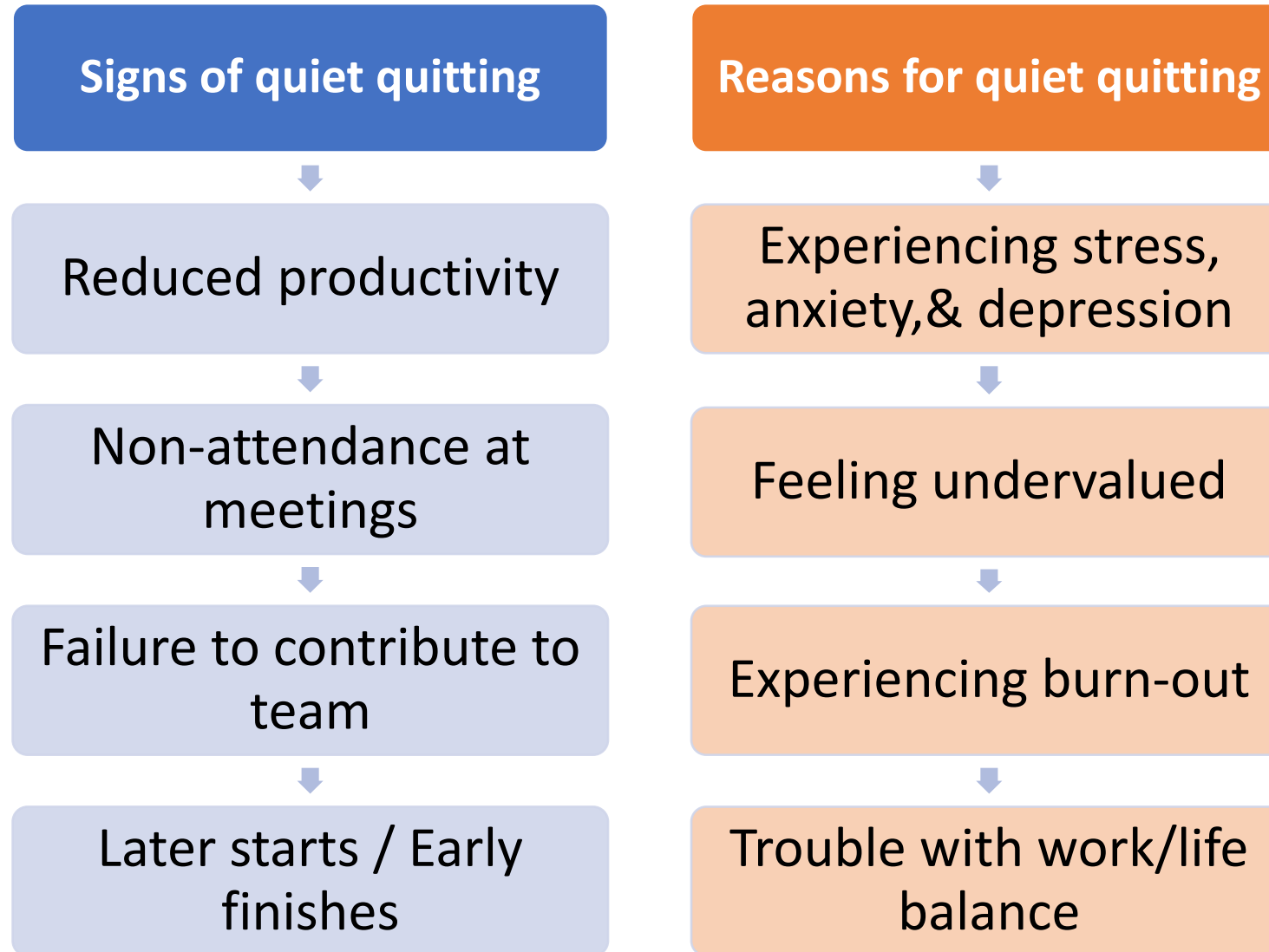
- ▶ Disengaged
- ▶ Doing the bare minimum
- ▶ Avoidance of 'above and beyond'
- ▶ Coasting



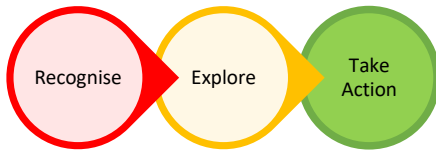
# Health & well-being: Engaging the workforce



## Quiet quitting



# Health & well-being: Engaging the workforce



## Balancing perceptions

**-ve factor**

Reduced productivity / output

Non-attendance at meetings

Failure to contribute to team

Later starts / Early finishes

**+ve factor**

Resisting overload & improving quality

Prioritisation of value adding activities

Avoiding role creep

Setting work/life boundaries

MIDDLE GROUND

**-ve perceptions**

Coasting / Slacking

Skiving

Unsupportive

Unreliable

