**Comms Unplugged/CIPR Health group webinar 3**

**15 July 2020**

**Behaviour change**

Behaviour change network:

<https://www.facebook.com/groups/behaviourchangenetwork> <https://mailchi.mp/aeb030add8f0/behaviourchangenetwork>

Comms Files with examples of best practice in a range of areas:

<http://www.comms-files.co.uk/>

Ofcom research on behaviour change furing coronavirus: <https://www.ofcom.org.uk/research-and-data/tv-radio-and-on-demand/news-media/coronavirus-news-consumption-attitudes-behaviour/interactive-data>

**Workplace culture**

Sign up for Bruce Daisley’s newsletter Make Work Better: <https://makeworkbetter.substack.com/subscribe>

Visit Bruce’s website and listen to his podcast Eat Sleep Work Repeat: <https://eatsleepworkrepeat.com/>

The Rework podcast from Basecamp: <https://rework.fm/>

And more info on Basecamp’s philosophy: <https://basecamp.com/guides/how-we-communicate>

Spaceship You, video by Grey’s Director: <https://www.youtube.com/watch?v=snAhsXyO3Ck>

**A few things you could try**

* Set up a teams "kitchen" chat group
* Build in team downtime into Teams calls. It's okay to stay on and catch up and also okay to log out after the main business to get on with something else.
* Staff forum 'take over' of staff briefings alternate weeks, and host virtual tea breaks at different times, different weeks.
* Running a 6-week self-care summer off the back of staff sharing their personal wellbeing stories.
* Try a silent meeting
* Try a walking meeting – maybe have some meetings as audio only so you can dial in and walk at the same time

**Wellbeing**

Join a free Fresh Air Fridays Breathing Space session: <https://freshairfridays.co.uk/breathing-space/>

**Follow our speakers and panelists on Twitter**

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