

# ALL IN A WEEK'S WORK



Putting our behaviours  
into action together



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service

All in a Week's Work is about you, your team and workplace, taking action together to spread the 9 Values in Action behaviours. Across the Values in Action community, people like you are participating in All in a Week's Work with their teams. It is an easy and fun way to talk, spread and live our 9 behaviours through a series of activities. By getting involved, you will be playing your part in making the health service a better place to be for patients, service users and staff.

“It's for ourselves  
and it's for  
our patients”

For more information see  
[www.hse.ie/valuesinaction](http://www.hse.ie/valuesinaction)

Join the conversation on Twitter  
@HSEvalues  
#allinaweekwork

## PERSONAL



Am I putting myself  
in other  
people's shoes?

Am I aware that my  
actions can impact  
on how other people feel?

Am I aware of my  
own stress and  
how I deal with it?

## WITH COLLEAGUES

Acknowledge  
the work  
of your colleagues

Ask your colleagues  
how you can  
help them

Challenge  
toxic attitudes  
and behaviours

## WITH PATIENTS & SERVICE USERS

Use my name  
and your name

Keep people informed -  
explain the now  
and the next

Do an extra,  
kind thing

## Team Challenge – Do4You

Asking your colleagues how you can help them becomes a habit, when we practice this behaviour together.

We are asking teams to sign up and take on this challenge throughout All in a Week's Work. Whether you work on a big or a small team, a team based in one place or spread across locations, Do4You is a fun way to get everyone involved.

- First, decide as a team to take this on before you figure out exactly how you will do it.
- Next, at your team meeting take some time to ask each other how you can help, and agree four 'Do4You' actions that you will take over the week'.
- At the end of the week, come together and discuss how it felt to help and be helped by your team.

Support  
each other

#allinaweekswork

## After the Beep

089 4460154

Sharing examples of the behaviours in action shows their impact and helps others to show them too. During All in a Week's Work, why not get your colleagues to pick up the phone and leave a story about the behaviours, after the beep?

We want to hear your stories!

- All you need to do is dial **089 446 0154**.
- After the beep, tell us an example about the behaviours being lived or observed where you work.
- Get others involved!

Stories can be as simple as seeing a colleague being conscious of their own stress and taking steps to deal with it, or taking the time to explain what's happening now and next to a family who are worried about their loved one. We want to hear them all!

We will share these stories throughout the Values in Action movement so others can see that living the 9 behaviours makes a difference to patients, service users and staff.

Tell us  
your  
stories

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## Pick and Do

Have a go at practicing these behaviours with your colleagues.

- Cut up the panel overleaf into the nine behaviours. Alternatively go to the [www.hse.ie/valuesinaction](http://www.hse.ie/valuesinaction) and download the behaviours grid as an A4 sheet.
- Place the behaviours in a hat and ask colleagues to pick a behaviour and adopt it for the day.
- Get your colleagues to guess which behaviours are being carried out.
- Can you get more colleagues on board and ask them to take part?

Spot the  
behaviour

## Appreciation Outbreak

Let's go out of your way to acknowledge the work of our colleagues, and tell them why it matters. Can they do the same for someone else and pass it on? With a chain of acknowledgement, how long until your whole building is involved?

- Cut out the behaviour "acknowledge the work of your colleagues".
- When you have done the task, pass it along in a chain of appreciation around the building you work in.
- Can you get enough people involved to make this challenge work throughout your building?

Discuss  
why it  
matters

## Shoulder-to-Shoulder

A little contact goes a long way! Knowing the people in our building and how we live the behaviours, helps us all to improve the culture.

- Pick a time for staff to get together and take part in a 30 minute walk.
- Once you have colleagues signed up, write half of the names on the back of a cut out behaviour.
- Place the names in a hat.
- Ask the other half of the people to pull out a name from the hat and find their partner.
- The colleagues then head off in their pairs and have a chat about the 9 behaviours and what the behaviours mean to them in their work.
- Time permitting, maybe everyone can get together at the end for a cup of tea and a healthy snack.

Pair  
up for  
a walk

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