

## Co creation Workshop Templates

Getting staff to **co-create wellbeing ideas** not only brings fresh perspectives but also builds ownership and enthusiasm for the *5 Ways to Feel Good* campaign within your organisation.

Here are **three activity options** you could use in workshops, meetings, intranet posts, or wellbeing events — each designed to spark creativity and get people talking.

Absolutely — that’s a great idea. Getting staff to **co-create wellbeing ideas** not only brings fresh perspectives but also builds ownership and enthusiasm for the *5 Ways to Feel Good* campaign.

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### Option 1: The “5 Ways Workplace Challenge” Workshop

**Purpose:** Generate practical wellbeing ideas that fit your team culture.

**Format:** 20–30 mins, small group or whole-team activity.

#### How it works:

##### 1. Set the scene

Start with a short intro:

“We’re taking part in Stockport’s *5 Ways to Feel Good* campaign, which focuses on simple actions that boost wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. Let’s explore what each of these could look like in *our* workplace.”

##### 2. Group brainstorm

Split into small groups or use breakout rooms. Give each group one of the *5 Ways* and ask them to come up with:

- At least **three things** we could do as a team or organisation to bring that theme to life.
- One **quick win** that could start right away.


##### 3. Share and vote

Bring everyone back together to share ideas.

Use stickers, a whiteboard, or an online poll to vote for the top one or two ideas per theme.

##### 4. Follow up

Collate all suggestions and share a short summary of “Our 5 Ways Wellbeing Ideas” with the team — showing which ideas will be trialled or adopted.

 *Prompt questions:*






- How can we make it easier to connect with each other day to day?
  - What simple ways could we build movement into our week?
  - How can we make space to pause and appreciate the good things?
  - What opportunities are there to keep learning together?
  - How can we give back — to colleagues, customers, or the community?
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 **Option 2: “One Small Change” Wall or Digital Board**

**Purpose:** Gather simple, actionable ideas from staff over time.

**Format:** Ongoing, quick and easy engagement tool.

**How it works:**

1. Set up a **“5 Ways to Feel Good” board** in your staff room or intranet. (Could be physical post-its, a Teams channel, or a Miro board.)
2. Add five sections — one for each “Way”.
  -  Connect
  -  Be Active
  -  Take Notice
  -  Keep Learning
  -  Give
3. Invite staff to add their ideas under each heading:

“What’s one small thing we could do here at [Organisation Name] to help each other feel good?”

4. Collect and display responses, then turn the best ideas into real actions (e.g. team activities, wellbeing pledges, or culture improvements).

 *Example responses might include:*

- “Create a regular coffee catch-up rota” (Connect)
- “Add a stretch break to long meetings” (Be Active)
- “Start a gratitude wall” (Take Notice)
- “Share an interesting article each week” (Keep Learning)
- “Volunteer together for a local cause” (Give)

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### **Option 3: The “5 Ways Idea Sprint” (Quick Team Activity)**

**Purpose:** Fast, creative brainstorming for time-limited sessions (10–15 mins).

**How it works:**

1. Give everyone a sheet with five boxes labelled with the *5 Ways*.
2. Ask:

“In one minute per box, write down as many ideas as you can for how we could live this value at work.”




3. After 5 minutes, have everyone share their favourite idea with the group.
4. Capture them all on a shared whiteboard or digital note.

 *Optional follow-up:*

Ask the team to vote on the top 3 ideas to trial over the next month — then celebrate the results.

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### **Bonus: Engagement Add-ons**

-  Create a **“Feel Good Idea of the Month”** spotlight for staff suggestions.
-  Offer small incentives (e.g. free coffee, recognition in team newsletter) for ideas that are implemented.
-  Encourage teams to share photos or stories showing how they’ve brought the *5 Ways* to life.