

# INDIVIDUAL PLANNER - GOALS AND OPPORTUNITIES DURING THE LOCKDOWN



INTESA FET Y  
WORKPLACE SAFETY PARTNERS

## Our Purpose – Common Goals

Examples: Reduce people movements to help save lives, Others might be essential services work/support the business by doing my job to the best of my ability remotely

## My Personal Goals

Examples could be maintaining some structure to my day, trying to separate the home and work as much as possible, finish some project work I've had on the go etc

Values I will uphold during this changed period

My expected role and duties for this period

My strengths for my role are

My weaknesses or risks during this period

## Activities that are important for me to achieve during this period

Examples could be personal/work such as exercise more, more study for areas I know I need to develop

## Limitations on my ability to achieve role duties, goals or values

Things I will need to adapt my existing way of work or additional needs for this period

Actions I will take to address this

Opportunities this period offers that I would like to accomplish

What good looks like for me during this period

## Health and wellness changes I will make (or like to make)

– e.g. walk during the day to break it up, yoga, more cooking etc.

## Communications that will be important for me with my team/manager