Healthy Leadership Behaviour Individual Action Plan

Here is an example to help you build your action plan

Healthy leadership behaviour	Action	Desired outcome	By when	Resources/Support required
Being a good health and wellbeing role model (walking the talk)	Take regular lunch breaks, work within working hours, refrain from out of hours emails and take leave	Positive impact on wider team who also adhere to these behaviours due to role modelling	Start now	Ask the team to give feedback to me when they notice that I am not fulfilling these actions/ commitments