It’s two years since the health service first translated our values into specific behaviours and started a movement to make sure that they are not just words but become the core of our health service culture.

There are now over 1,000 Values in Action Champions around the country working with colleagues to spread the nine Values in Action behaviours across the health service. From October 15th-21st we’re marking this milestone by asking even more people to get involved, starting with All in a week’s work.

This week is a celebration of our progress to date and a chance for you to get involved and help make a difference in shaping the culture in the health service.

During this week you and your colleagues can check how visible the behaviours are in your workplace and acknowledge when you see colleagues living the behaviours. Join in, have some fun, and help shape the culture of the health service for the better.

As one of our Champions says; “It doesn’t matter if you are in admin, or on the front line, whether you are sweeping the floors or running the organisation, everyone can adopt these behaviours easily through self-reflection and contribute to improving experiences for staff and clients on a daily basis”.

Kathryn Considine, Physiotherapist, Mid West Community Health Care and Values in Action Champion.

PERSONAL

Am I aware that my actions can impact on how other people feel?
Am I putting myself in other people’s shoes?
Am I aware of my own stress and how I deal with it?

WITH COLLEAGUES

Ask your colleagues how you can help them
Acknowledge the work of your colleagues
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 

For more information see www.hse.ie/valuesinaction

Putting our behaviours into action together

All in a week’s work

Putting our behaviours into action together

Am I aware that my actions can impact on how other people feel?
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Building a Better Health Service
Seirbhís Sláinte Níos Fárraigh a Forbairt

Kathryn Considine, Physiotherapist, Mid West Community Health Care and Values in Action Champion.
**PICK AND DO**

**Spot a colleague’s behaviour of the day**

- Cut up the panel at the back of this page into the nine behaviours.
- Turn them upside down so the behaviour is hidden from view.
- Ask colleagues to pick a piece and adopt that behaviour 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?

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**MAKE YOUR MARK**

**How visible are the behaviours in your workplace?**

Tick the behaviours on the grid when you spot a colleague doing a behaviour. Don’t forget to let your colleagues know when you see them doing one of the nine behaviours. How many can you tick in one week?

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**CHAIN REACTION VI-ACTION**

**Offer a colleague an unexpected helping hand**

Can you help a colleague out of the blue? Can they do the same for someone else and pass it on? With a chain of random acts of helpfulness, how long will it take until your whole team is involved?

- Start by showing a colleague the panel below and find out how you can help them.
- When you have carried out the task, then ask them to pass the challenge on to a colleague of their choosing.
- Can you get enough people involved to make this challenge work throughout your team or building?
- Track how long your chain vi-action is.

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**SHARE A STORY**

**And it stayed with me...**

Think of a memorable experience you’ve had in the health service where you or someone else demonstrated one of the nine behaviours. Share this story, finishing with **...and it stayed with me.** Sharing stories about the behaviours shows the impact living them has. Sharing these stories helps show others what is possible and the difference living the behaviours makes. Add the story to your noticeboard or Yammer or tweet it using **#allinaweekswork**.

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and it stayed with me.

#allinaweekswork