

Increasing workload control and transparency to reduce mental harm

Roads Australia Fellows Project
NSW Group 2

OUR TEAM



Angela



Jana



Rezarta



Amy



Kristen



Matt



Olga

POP QUIZ



OUR PRIMARY INTERVENTION



Our hypothesis was around **communicating key tasks with your manager weekly.**



To **increase transparency and control** over workload.



Minimise stress and **increasing fulfilment** at work

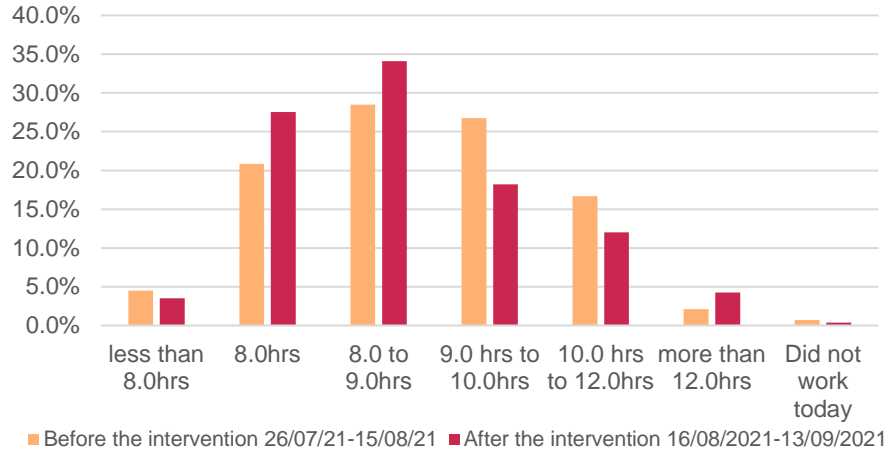
RECOMMENDATION



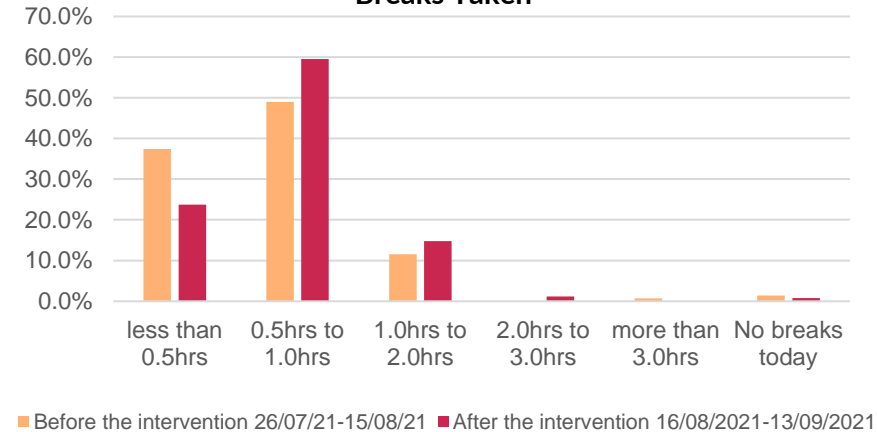
a system that allowed our participants to identify, assess and agree the big 3 tasks they would complete for the week

METHODOLOGY AND EFFECTIVENESS

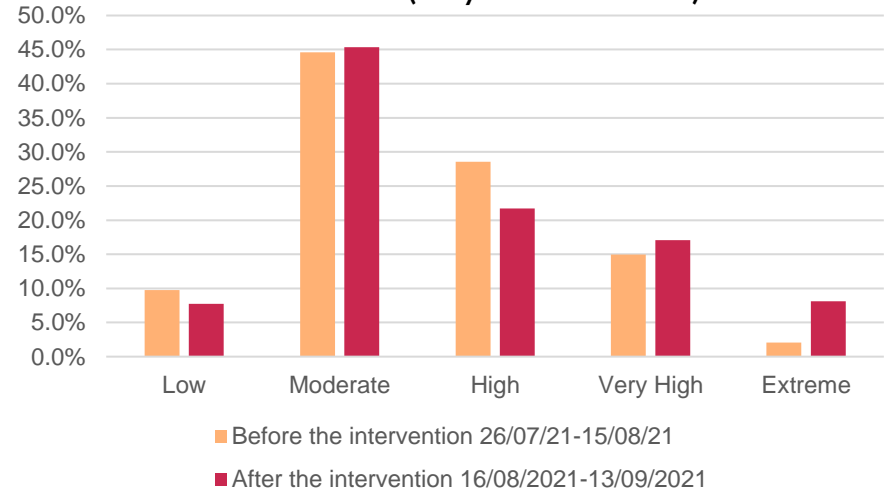
Hours worked



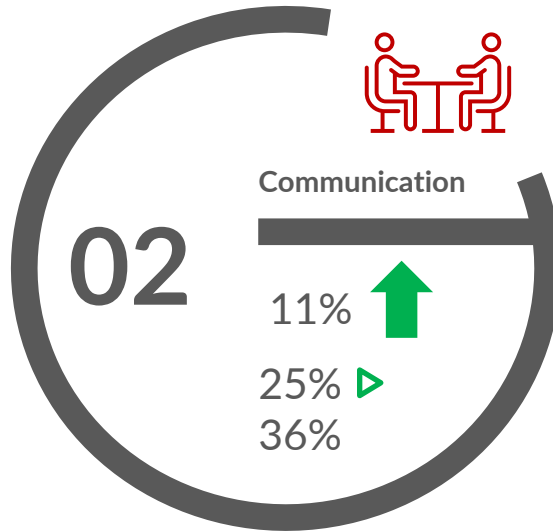
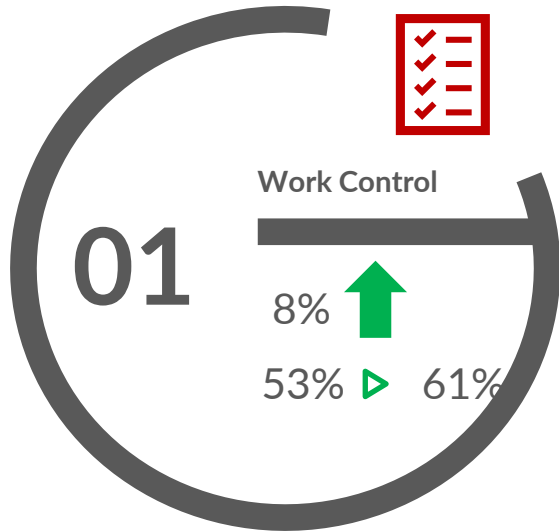
Breaks Taken



Level of stress (daily self-assessment)

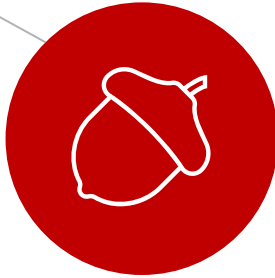


INTERVENTION BENEFITS



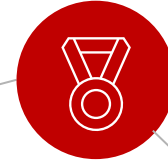
TODAY

Milestone 1



Check in with the trial group for feedback to

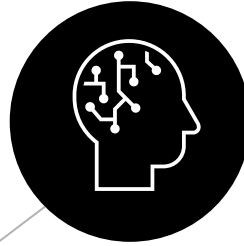
Milestone 2



Implement across fellow's companies / initiatives / projects

TOMORROW

Milestone 4



Continue the discussion around workload control, job stress and employee wellbeing

Milestone 5



Workload control on the Policy Agenda at Roads Australia

Milestone 3



Integration of the Big 3 template into organisational processes



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DISCUSSION