



**DO YOU NEED A HAND?**

*"ARE YOU OKAY? I'VE NOTICED YOU ARE NOT YOURSELF (YOU SEEM A LITTLE DISTRESSED/ DISTRACTED)"*

*"I JUST WANT TO CHECK IN. DO YOU NEED SOMETHING ELSE TO SUPPORT YOU?"*

*"HOW CAN I HELP YOU?"*



**PLEASE GIVE ME A HAND**

*"I AM NOT TRAVELLING SO WELL"*

*"I NEED SOME HELP WITH MY WORKLOAD"*

*"I HAVE A FEW THINGS GOING ON FOR ME THAT MAY BE AFFECTING MY TIME AT WORK"*

*"PLEASE HELP ME..."*