

A methodical way to help employees that are feeling unwell

The Feelgood Conversation



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- A tool to be used when an employee's health appears to be deteriorating
- Explores the individual's own experience of their situation
- Helps determine the right course of action

The Feelgood Conversation is a service for managers who have noticed that an employee's health is deteriorating or increased short-term absence.

The purpose is to assess the employee's situation and at an early stage assess which measures could support, energise and increase the individual's performance capacity.

Target group

The Feelgood Conversation is for everyone. It is recommended when an employee is showing signs of ill-health and the responsible manager wants a better understanding of the situation so as to be able to provide the right support with the most effective course of action.

How the conversation works

The responsible manager contacts an occupational health nurse at Feelgood to give background and context for the specific case. The occupational health nurse meets with the employee who is given the opportunity to talk about their situation. The conversa-

Feelgood is one of Sweden's leading providers of occupational health services. We offer a broad range of services such as developing an improved work environment, preventative health services, crisis management, leadership development and rehabilitation. Our sector expertise and holistic approach enable us to implement the right measures at the right time. Health and company profitability improves.

tion follows a methodology which clarifies the medical, physical, psychosocial, social and life-style factors affecting the employee. The key part is identifying the individual's own resources and motivation for change.

We provide feedback and an action plan

After the Feelgood Conversation an overall evaluation is put together and presented to both the employee and manager. At the same time, we create an action plan for continued efforts aimed at improving the employee's health and reducing sick leave. The feedback is provided in writing to both the employee and manager.