

Happy Tracker

Happy Tracker is a simple process and it was used by the Story Museum in weekly team meetings over a long time.

Each member of the team is asked to score their wellbeing. While some are unwilling to share, and low and high scores tend to be muted, over time the process helps to build the team by understanding what matters to each person. This makes them more resilient when times are challenging. Although most of the effect on wellbeing that people cite is from things happening out of work, plotting the results over time and against developments in the museum might also help to show the impact of certain activities or events on the team's wellbeing.

Happy Tracker guidance

- 1 In your group ask each person to indicate their wellbeing by putting their hands high in the air for 10, and down by their ankles for 0.
- 2 One of you record that as a score – the centre would be 5.
- 3 Discuss how it felt and what effect it might have.

