

What Would Make Work Possible

Working out what to ask for at work or school before you have to ask for it.

WHEN TO USE THIS

Use this before a talk with a manager, a teacher, or HR.

What part of the day or the week is hardest for you right now?

What changes would actually help?

Hours, breaks, a chair, working from home, deadlines.

1.

2.

3.

4.

If you only got one of them, which would you ask for?

How much do you want to tell them about your health?

You get to decide how much detail to hand over.

Asking for a change is not asking for a favor. You are trying to keep working.