

TRAINING ACTIVITY I

Generosity:

Being at My Best for Others



Reflection Activity

1. Think about a time when you or members of your team have shown generosity to other people or groups.
2. Share your reflections and stories in small groups.

Generosity is the deliberate action of giving to others, without expecting to receive anything in return.

Actions that demonstrate generosity may include practices that enhance the mental fitness of others.

For example:

Welcome others; make efforts to know others; Listen and understand others (**Relatedness**)

Affirm the strengths of others; invite others to demonstrate their strengths; Build confidence in others (**Competency**)

Respect the perspectives of others; Provide others with opportunities for choice; Engage and develop partnerships with others (**Autonomy Support**)