

TRAINING ACTIVITY 5

Engaging Skills



Think about your workplace and your team. How do you engage others?

Which of the words below best describe your preferred method of engaging others?

Share with another person the words you've chosen, and how they describe your approach to engaging others..

- Inviting
- Empowering
- Demonstrating openness
- Sharing
- Incorporating
- Collaborating
- Supporting autonomy
- Valuing

Evidence Supporting Engagement

Current evidence-based literature indicates that individuals who experience engagement in their current work or learning routines, compared to those that experience more controlling environments:

- Have a greater perceived sense of competency
- Prefer an optimal challenge over easy success
- Have an enhanced sense of well-being
- Perform better
- Demonstrate longevity and persistence