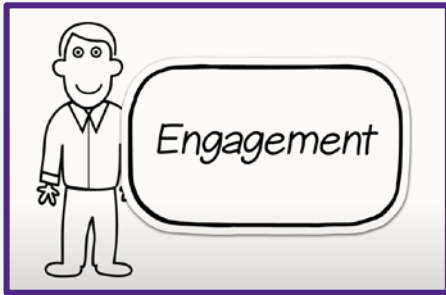


HEALTHY MINDS

Engagement



When we are engaged, we are fully absorbed and enthusiastic about our work. We take positive action to further the interests of the organization and are proud that our contributions are making a difference.

Types of Engagement

The reasons that keep us engaged in our work are very individualized.

PHYSICAL

Applying your skills and seeing work as a source of energy.

EMOTIONAL

Having a positive outlook where work brings out your passionate side.

COGNITIVE

You find your work interesting and become absorbed in tasks and projects.

Feeling connected to our work motivates us to do our best.

HEALTHY MINDS

Engagement

What can I do as an employee?

- Understand your internal motivations - what drives you to do your best?**
- Share your interests and motivations with your supervisor - this will lead to more constructive conversations**

What can I do as a manager?

- Assign tasks based on the interests and strengths of your employees**
- Have a discussion with your employee if you notice that they have become disengaged; if necessary, direct them to the appropriate resources**

Wellness Resources

Employee (and Family) Assistance Program
1-844-880-9142
<https://www.lifeworks.com>

Western Rehabilitation Services
Support Services Building RM 4159

Crisis Line (Reach Out)
Web Chat: <http://reachout247.ca>
(519) 433-2023 or 1-866-933-2023

Canadian Mental Health Association
<https://www.cmha.ca>

