

POSITIVE WORKPLACE PRACTICE SERIES


FOSTERING WELLBEING,
ENGAGEMENT AND PERFORMANCE
IN CHALLENGING TIMES

MENTAL FITNESS PRACTICES

FSEAP
Resilient



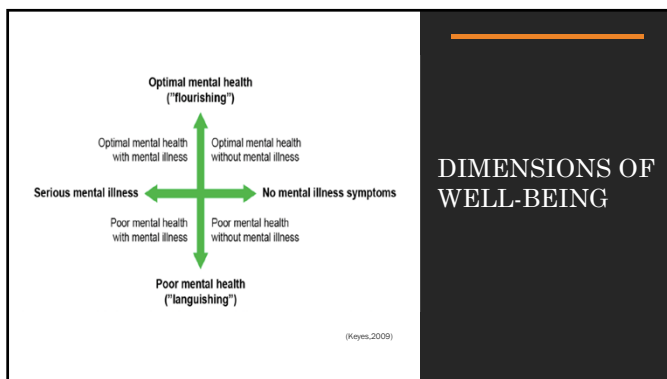
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- What is your rationale for creating healthy and effective workplaces?

POSITIVE WORKPLACES

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3

RELATIONSHIP
PRACTICES
IMPACT:



4

WELL-BEING NEEDS

Need for Relatedness

- Refers to our need for connection or closeness with peers and other significant individuals

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"I belong or am part of my workplace community."
"I feel included, encouraged and supported by others."

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WELL-BEING
NEEDS

Need for Competency

- Refers to our need for being valued and using our strengths to achieve personal and organizational goals

"I have strengths and gifts that are recognized by others"

"When I use my strengths to meet my goals, I feel a sense of worth and accomplishment."

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COMPETENCY
PRACTICES

VALUING
STRENGTHS

ENGAGING
STRENGTHS

BUILDING
CONFIDENCE

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WELL-BEING
NEEDS

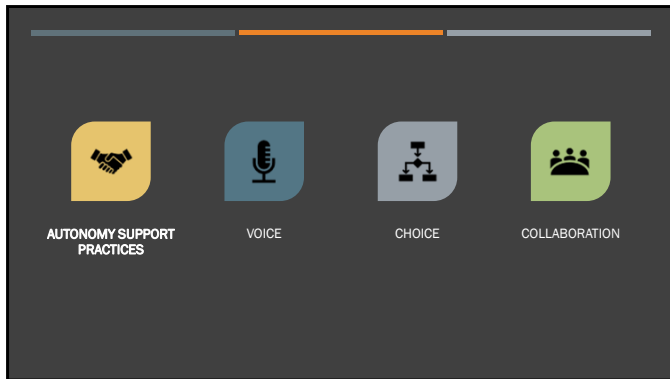
Need for Autonomy Support

- Refers to our need to have voice and be active participants in making choices or decisions about daily work plans and activities.

"I am able to participate in decisions about things that are important to me and others."

"I feel hopeful because others support me in being an active participant in making choices."

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