



Engagement Worksheet

Facilitator Notes: Use this worksheet to encourage a discussion about **Engagement**. It is one of thirteen factors that have been shown to impact mental health of individuals in the workplace. Be sure to encourage discussion by being open to all answers and opinions from participants. Examples of possible discussion groups are: employees at a team meeting or lunch and learn, staff or management orientation, and union-member discussions.

Suggested materials: laptop, speakers, projector and screen, flip charts and markers, whiteboard or chalkboard.

Suggested Process:

Watch the video once at www.haveTHATtalk.ca

Read definition of **Engagement**:

[On the Agenda](#) defines **Engagement** as present in a work environment where employees feel connected to their work and are motivated to do their job well.

Ask participants:

1. Think of a time when you were especially engaged and about a time when you were not. What made these situations different?
2. Why is employee engagement so important in the workplace?

Watch the video again.

Ask participants:

3. What could have been done differently in the scenario with Michael and the school principal?
4. What are some strategies to help YOUR workplace boost overall employee **Engagement**?
5. Write down different ways that YOU can boost your **Engagement** at work.

