



Growth and Development Worksheet

Facilitator Notes: Use this worksheet to encourage a discussion about **Growth and Development**. 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 **Growth and Development**:

[On the Agenda](#) defines **Growth and Development** as present in a work environment where employees receive encouragement and support in the development of their interpersonal, emotional, and job skills.

Ask participants:

1. Think of some skills that you would like to grow or develop. How would those skills help you either in your current role or to grow into a new role?
2. What are some ways in which people can contribute to their own growth and development?

Watch the video again.

Ask participants:

3. What could have been done differently in the scenario with Tarek?
4. What are some strategies to help YOUR workplace foster **Growth and Development**?
5. Write down different ways that YOU can encourage **Growth and Development** in your workplace.

