



Involvement and Influence Worksheet

Facilitator Notes: Use this worksheet to encourage a discussion about **Involvement and Influence**. 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 **Involvement and Influence**:

[On the Agenda](#) defines **Involvement and Influence** as present in a work environment where employees are included in discussions about how their work is done and how important decisions are made.

Ask participants:

1. Think of a time when you were directly involved in a decision making process. What about a situation where you were not involved? How were these two situations different from each other?
2. What are some other ways that employees can be involved in decision making in a workplace?

Watch the video again.

Ask participants:

3. What could have been done differently in the scenario with Chang and René?
4. What are some strategies to help YOUR workplace with worker **Involvement and Influence**?
5. Write down different ways that YOU can become involved in the decision making process and influence the outcome.

