



Recognition and Reward Worksheet

Facilitator Notes: Use this worksheet to encourage a discussion about **Recognition and Reward**. 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 **Recognition and Reward**:

[On the Agenda](#) defines **Recognition and Reward** as present in a work environment where there is appropriate acknowledgement and appreciation of employees' efforts in a fair and timely manner.

Ask participants:

1. Think of a time when you were recognized or appreciated. How did this make you feel?
2. What are some different ways that people can be rewarded or recognized in a workplace?

Watch the video again.

Ask participants:

3. What could have been done differently in the scenario with Rosa and her supervisor?
4. What are some strategies to help YOUR workplace with Recognition and Reward?
5. What are some different ways that YOU can recognize and reward your colleagues, supervisors, or staff?

