



Enhancing **ENGAGEMENT** (E)

DISCOVER YOUR STRENGTHS	NAME YOUR STRENGTHS Take the free survey and discover your strengths. www.viacharacter.org	CREATE A STRENGTHS HABIT Create a small daily habit to practice using one of your strengths at work.
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CREATE MOMENTS OF FLOW	MEET YOUR BEST SELF Write about what might be possible if you were using your strengths each day at work.	FINDING FLOW When you plan your week create opportunities to put your strengths to work.
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DEVELOPING YOUR STRENGTHS	STRENGTHS MOMENTS When you're procrastinating and putting things off reach for a strength to help you.	DIAL STRENGTHS DOWN Things not going to plan! Pause and think about strengths you're overplaying.
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SPOTTING STRENGTHS IN OTHERS	LOOK FOR STRENGTHS Look for where people light up, eyes sparkle, body language and voice is more animated.	GIVE FEEDBACK Let people know when you've valued their strengths and the difference it's made to you.
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BUILD STRONG TEAMS	MAP STRENGTHS Map your team's strengths and discover reflect on how to use your strengths intelligently.	TALK STRENGTHS As a team, talk about what's working well, and how you can build on your strengths.
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Source: Your Wellbeing Blueprint by Michelle McQuaid and Peggy Kern