



Thrive

Change + Resilience
in the Workplace.

Lynda Monk
MSW, RSW, CPCC

Training | Leadership Coaching | Speaking

Engagement Essentials in the Workplace

Workshop Overview

This one-day workshop introduces the **six key elements to build employee engagement in the workplace**. Employee engagement is critical to the productivity, burnout prevention, staff retention and overall success in any organization. Even the most stress resilient individuals can struggle in work environments where employee engagement is low. This can lead to low morale, disengagement, and reduced employee performance. In this workshop, participants will learn specific strategies for enhancing engagement in order to create an environment where employees are inspired to perform and have a strong desire to contribute to the success of the organization.

Learning Objectives

- Define employee engagement
- Recognize the signs of low engagement
- Explore why high potential employees can become frustrated (disengaged) employees
- Learn the burnout-engagement continuum
- Understand how burnout develops and how it differs from stress
- Identify the pressures that can contribute to exhaustion, cynicism, and ineffectiveness
- Learn 6 proven strategies for decreasing burnout and increasing productive engagement between people and their work
- Ignite real motivation for enhanced engagement in the workplace to create a more caring, successful and healthy workplace

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“A large number of well-intentioned, talented, and dedicated people find themselves stuck. They cannot bring about the organizational world they desire, yet they cannot simply shrug off this experience as a minor shortcoming. It strikes to the heart of their relationship with their work.”

Christina Maslach & Michael Leiter, Authors of Prevent Burnout and Build Engagement

Collaborative Instructional Strategies

This workshop is highly interactive. Key concepts will be presented and the participants will be supported through discussions and interactive exercises to deepen their learning while also creating inspired action steps for building engagement for in their organization.

Audience

The **Engagement Essentials in the Workplace** course has been designed for:

- Supervisors
- Lower-to-mid level managers
- Leaders
- Human resource professionals

Disengaged employees are frustrated employees. Frustration is an unstable state, meaning that you have limited time to act. Frustrated employees will break through, break down or break free. To truly engage employees, it requires a “heart and head” approach! **Mark Royal & Tom Agnew, Authors of Put an End to Workplace Frustration & Get the Most from your Employees**

For more information about this workshop for your organization, please contact:

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