

ACTIVITY I: Reflecting on Positive Leadership

Leaders' actions and attitudes set the tone for the rest of the team. When faced with challenges, leaders have the opportunity to model the practices they would like their team members to emulate.

Leaders play a critical role in communicating information about the nature and rationale of planned changes or transitions. Leaders who empower team members to be part of building solutions increase the likelihood that team members will feel more engaged, and experience a greater sense of wellbeing.



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- ❖ Think about a positive leader or manager who had a positive impact on your wellbeing, engagement or performance as a team member.
 - ❖ What positive leadership capacities did you note in this individual's approach or interactions with you? (Note positive leadership capacities below)
 - ❖ What impact did their positive leadership approach have on you in the workplace environment?

Positive Leadership Capacities

Leadership Virtues in Action refer to the capacity for leaders to show gratitude, compassion and forgiveness to team members.

Positive Communication refers to the capacity of leaders to offer constructive feedback and to manage team relationships in a genuine and positive manner.

Energizing Skills refers to the capacity of leaders to energize team members with enthusiasm, vitality, openness and optimism.

Motivational Knowledge and Skills refers to the capacity of leaders to engage knowledge about team members' strengths, interests and values in workplace routines and activities.

Operational Tasks refers to the capacity of leaders to maintain regular contact with team members through individual and team meetings, offering role clarification as needed.