

Positive Workplace Practices

Summary Discussion

Please check your rating each of the following practices within your workplace context, then provide comments on areas of strength, and areas for development.

Practice	Awareness	Building	Embedded
Mental Fitness Practices			
Relatedness Practices contribute to our need for connection to, and closeness with family, peers and our colleagues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths:			
Areas for Development:			
Competency Practices contribute to our need for recognition and use of gifts and strengths in achieving personal and organizational goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths:			
Areas for Development:			

Practice	Awareness	Building	Embedded
Mental Fitness Practices			
Autonomy- Support Practices contribute to our need to be active participants in making choices and building solutions that affect our workplace experiences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths:			
Areas for Development:			

Practice	Awareness	Building	Embedded
Resiliency Practices			
Relationship Assets involve practices that provide social support, that build and restore positive relationships, and that demonstrate acts of kindness and caring.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths:			
Areas for Development:			

Practice	Awareness	Building	Embedded
Resiliency Practices			
Professional Assets involve practices aimed at gaining the necessary knowledge and skills to meet challenges through targeted training, asking questions and consulting with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths: 			
Areas for Development: 			
Attitudinal Assets involve practices that increase optimism and a positive disposition even in the face of difficult or challenging situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths: 			
Areas for Development: 			

Practice	Awareness	Building	Embedded
Resiliency Practices			
Emotional Intelligence Assets involve practices that enhance the ability to understand and manage emotions, and positively communicate with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current Strengths:			
Areas for Development:			