

AWARENESS ACTIVITY 5: Exploring Team Strengths



Set a time to reflect on and discuss with others past and present strengths related to meeting mental fitness needs in the workplace. Use following questions to guide small group discussions. Record and share the strengths and accomplishments of your team.

Questions about Relatedness: Think about past times when the workplace community came together.

- What did it look like?
- How did it make you feel?
- What makes you proud to be part of this community?

Questions about Competency:

- What are the strengths of the workplace community?
- When have you seen these strengths in action?
- What was it like?

Questions about Autonomy:

- What is important to you about the workplace community?
- What is important to other community members?
- What are your hopes/dreams for the community?
- If you woke up in the morning and it all happened, what would it look like?