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Enhancing Spirit in Your Workplace

Dr. Jane A. Simington, PhD.

Being a member of a team has many benefits. It provides opportunities to develop and use our talents and abilities and to be recognized for who we are and for what we bring to our workplaces. Few would deny, when we feel appreciated and believe our efforts are valued, that we thrive emotionally and soulfully. Yet sometimes in the workplace, the individual spirit feels crushed. When this happens our abilities to be creative and to fully give of ourselves, weakens. *Enhancing Spirit in Your Workplace* is about acknowledging each team member for who they are and for what they bring to the workplace so that the team, the workplace, and the entire organization blooms and grows.

During our time together you will:

1) Explore the talents and abilities each individual member brings to the team.
2) Identify how the unique qualities of each individual enriches the entire team.
3) Discuss how team members can sometimes dampen the spirit of the workplace, and explore ways to alter those outcomes.
4) Practice strategies which help brighten the spark within each individual and thus empower and enhance the entire team.
5) Leave feeling personally inspired and motivated to richly enhance the spirit in your workplace.