

Being a Mindful Employee: Balance

What can *you* do?

Engage in open communication with your supervisor, family and friends to help manage the balance between work and personal demands.



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Being a Mindful Employee: Civility & Respect

What can *you* do?



Show esteem,
care and
consideration.

Respect the
perspective of
others.

Acknowledge
each person's
dignity.

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Being a Mindful Employee: Clear Leadership & Expectations

What can *you* do?

Ensure you understand what is being asked of you by maintaining good two-way communication.

Strive to clarify any issues that arise.



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Being a Mindful Employee: Engagement

What can *you* do?

Make a reasonable effort to get involved in events or activities taking place in your workplace.



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Being a Mindful Employee: Growth and Development

What can *you* do?

Be proactive
and seek out
opportunities
to improve
your skills and
competence.



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Being a Mindful Employee: Involvement and Influence

What can *you* do?

Share your opinion when asked.
Offer alternatives and solutions
in a way that respects the ideas
and opinions of others.



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Being a Mindful Employee: Organizational Culture

What can *you* do?



Try to be understanding of co-workers' concerns.

Consider how your behaviour could impact the psychological health and safety of your colleagues.

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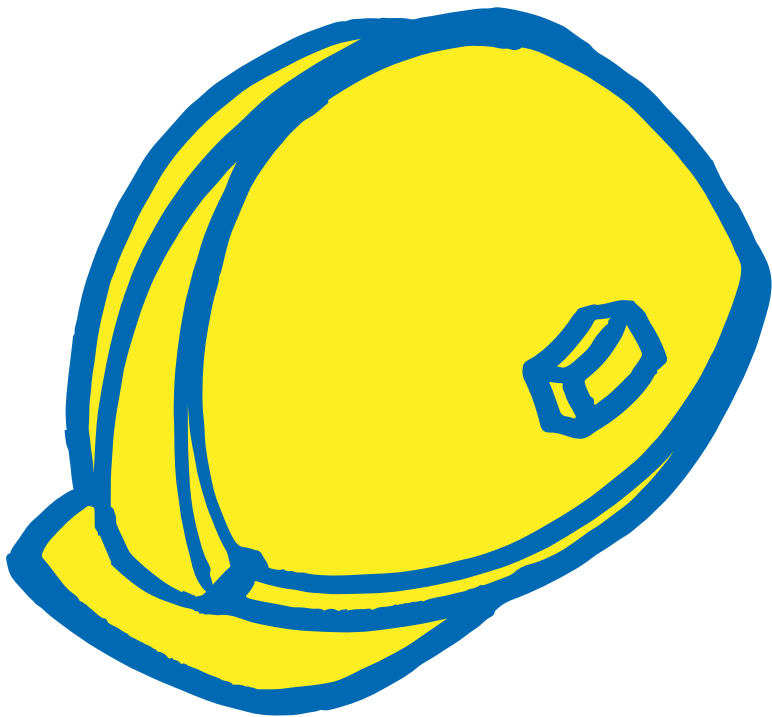


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Being a Mindful Employee: Protection of Physical Safety

What can *you* do?



Ensure that management is made aware of any hazards.

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Being a Mindful Employee: Psychological and Social Support

What can *you* do?

If you notice someone is struggling, take time to approach them.



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Being a Mindful Employee: Psychological Demands

What can *you* do?

Make a list of demands that may require additional support and discuss with your supervisor.

Seek out guidance from someone who has learned to manage similar demands.



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Being a Mindful Employee: Psychological Protection

What can *you* do?



Speak up when you witness violent, aggressive, or inappropriate behaviours or actions.

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Being a Mindful Employee: Recognition and Reward

What can *you* do?



Take the time
to recognize
and appreciate
others for their
efforts and
contributions.

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Being a Mindful Employee: Workload Management

What can *you* do?

Create a
workplace
plan and
discuss with
your
manager or
supervisor.



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