

HEALTHY MINDS

Growth and Development



We all need to be challenged, otherwise we become bored and unmotivated.

Intrinsic motivation is tied to learning new things and gaining new skills. As we grow and develop, we improve our self-esteem and confidence.

What can I do as an employee?

- Write down your career goals and create a development plan for achieving it**
- Create a short-term and long-term list of things you would like to learn**
- Shadow or interview someone that you aspire to become**
- Be aware of all the internal and external learning opportunities that are available to you**

The growth and development of people is the highest calling of leadership

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What can I do as a manager?

- Schedule a meeting with employees to discuss their future goals**
- Provide time and funding for training to improve communication, emotional, or job-specific skills**
- Deploy a mentorship or job shadowing program**
- Be aware of the resources and encourage employees to enrol in internal and external training**

Wellness Resources

Professional Development at Western
<https://uwo.ca/hr/learning/>

Employee (and Family) Assistance Program
1-844-880-9142
<https://www.lifeworks.com>

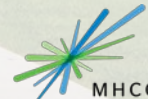
Western Rehabilitation Services
Support Services Building RM 4159

Canadian Mental Health Association
<https://www.cmha.ca>

For more information, visit:
www.uwo.ca/hr/safety/wellness/healthy_minds/index.html



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