



9703 108 Avenue Edmonton AB T5H 4R9  
Tel: 780 473 6732 Fax: 780 472 0885  
Email: [info@takingflightinternational.com](mailto:info@takingflightinternational.com)  
Website: [www.takingflightinternational.com](http://www.takingflightinternational.com)

## Enhancing Spirit At Work

© Dr. Jane A. Simington, PhD.

Being a member of a team has many benefits. It provides opportunities to develop and use your talents and abilities and to be recognized for who you are and for what you bring to your workplaces. When you feel appreciated and believe your efforts are valued, you thrive emotionally and soulfully. Yet sometimes in the workplace, the individual spirit can feel crushed. When this happens, the ability to be creative and to contribute fully can become weakened.

*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 enrich 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 team.
- 5) Leave feeling personally inspired and motivated to richly enhance the spirit in your workplace.

**Articles written by Dr. Jane Simington on this topic include:**

#### **Spirit at Work in Long-term Care**

<http://www.selfgrowth.com/articles/spirit-at-work-in-long-term-care>

#### **Depression Resulting From Spiritual Distress**

<http://drjanesimington.com/uncategorized/depression-resulting-from-spiritual-distress/>