



3 R's of Engagement
Top 10 Tips for Engagement via Rejuvenation
Presented by Jerri Robertson

10. Exercise your body, spirit and mind.

(Read motivational articles and books, expose yourself and team members to humor. Go for a walk or jog. Unplug by establishing set times for work and pleasure.)

9. Invite perceived outsiders to join the conversation.

(New members, volunteers or peers from other departments and the community can bring fresh perspectives to the group and generate renewed enthusiasm for a project or challenge.)

8. Thank employees and their families.

7. Communicating the right message.

Lead by example. You can't encourage others if you are not motivated and refreshed. Preventing burnout can be accomplished by regular communication and actions of leaders and staff members. Honor and take vacation time. Embrace differences to increase productivity.

6. Smile and learn to laugh at your yourself and your mistakes.

5. Volunteer in the community.

(Get your organization/department involve in local non-profit causes. This is a great team building activity.)

4. Encourage innovation from the team.

3. Step away.

2. Pause and take slow deep breaths for 5 minutes.

(This increases oxygen intake, relaxes your body and allows you to refocus)

1. Have a glass of W.I.N.E.

"W.I.N.E. for the Mind" is a Great Book with positive affirmations to rejuvenate your mind and life. It's endorsed by Mr. Zig Ziglar of the Ziglar Inc.

Go to <http://www.JGRgroup.com/products.html> to secure a copy. Use the code: **IPMA** to receive a 20% discount and a *Free Writing Journal with each copy ordered for your team members.

*While supplies last