



## ENGAGEMENT STARTS WITH YOU! by Scott Carbonara

### What is Engagement?

...the level of **dedication, commitment, passion, innovation,** and **emotional energy** a person is willing to expend.

### Engagement Looks A Lot Like...

Happiness

Focus

Resilience

Optimism

Purpose

Discretionary Effort

### 5 Tips for Fueling Your Own Engagement:

#### **1. *Look forward to something positive***

What is it that you are looking forward to?

How can you be that person that others look forward to?

## **2. Surround yourself with the right people.**

The right people are the ones who will tell you what's in your blind spot.

The right people feed your soul, not suck you dry.

## **3. Develop a mantra.**

Be careful what you tell others; they may end up believing it.

Be careful what you tell yourself; you may end up living it.

Use a mantra that leads you where you want to be.

## **4. Find three good things.**

How can you be the kind of leader who catches people doing the right things?

How can you start your day right?

How can you finish your day in a good place?

## **5. Keep your sense of humor.**

Keeping a sense of humor isn't about telling jokes; it's about creating an environment where people feel emotionally safe.

Be quick to laugh, slow to wrath.



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