

employee engagement



The Disengaged Workforce

Based on recent Gallup research, only **32% of full- and part-time employees are engaged at work, while 17% are actively disengaged.** That means almost two-thirds of employees are on autopilot and performing their job without passion or energy. Improving your engagement at work can positively impact your productivity, relationships, happiness, and can motivate you to prioritize this as a work/life balance goal.

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Engaged Employees

- Have a strong purpose and connection to company goals.
- Feel heard within the organization.
- Are accountable to accomplishing their goals and tasks.
- Feel appreciated for the work they are doing.
- Feel challenged in the work that they are responsible for.



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How to Improve Your Engagement?

- Ask yourself, “What can I do to better align my work with the company’s goals and strategy?”
- Tell your team or manager, “I want to do a better job of being accountable for the work I’m doing.” Then ask them, “What would be the best way for me to proactively update you?”
- Share with your team or manager that you are looking for more challenging work and present project ideas that you’d like to start working on.

exercise of the month



Leg Extension

Strengthen front of thigh

- Sitting tall, extend one leg.
- Pull toes toward body and raise leg.
- Hold for a count of 6 - 10 on each leg.

*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*

Disclaimer: Always perform stretch and strength exercises using **slow, controlled** movements. If you experience pain, discontinue the exercise. Consult a health care professional for alternative options. HealthSource Solutions is not responsible for injuries resulting from these activities.