

# Engagement Matters

## Staying engaged at work

Engagement. What is it? You know it when you see it. Good leaders know how to inspire and maintain it. But how do you define it so you can boost it in yourselves and your others? This session takes the concept of engagement out of the theoretical and into the practical. We will discuss the different components of engagement and how to nourish them. We will talk about the importance of boundaries and self-care to avoid burn-out. We will also talk about practical, research based interventions that boost engagement in yourself and your team.

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## Session Outline

- Setting Up Your Home Working Environment
  - Making and Holding to Firm Boundaries for Yourself and Others
  - Looking at the Workplace Model of Engagement
  - Maintaining Boundaries to Avoid Burnout
  - Changing Culture to Raise Engagement
  - Personal and Team Based Interventions that Work
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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions

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### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.