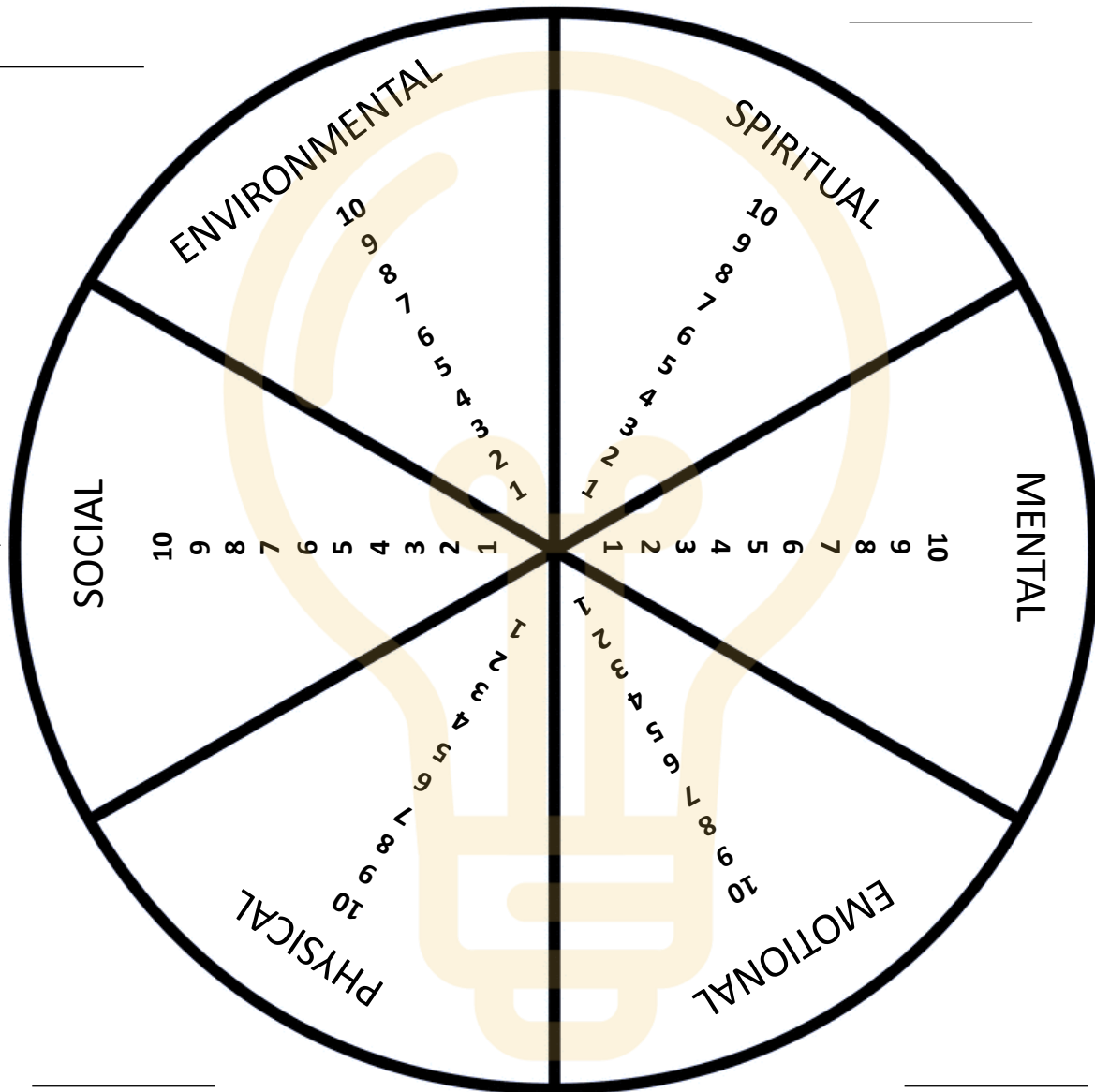


Engagement Factors



UNIVERSITY OF
LOUISVILLE
COLLEGE OF BUSINESS

*The Center for
Positive Leadership*

ESTD



2020

Olivia Fitchett

COACHING — SPEAKING

For each section, circle your satisfaction on a scale from 1-10. 1 being not satisfied, 10 being completely satisfied. Rate where you currently are, not where you hope to be. Then, rate from 1-6 which factors are most important to least important to you personally.

Engagement Factors



1 *Primary*

What is one action I can take **THIS WEEK** to increase this score by 1 or 2?

Score:

2 *Secondary*

What is one action I can take **THIS WEEK** to increase this score by 1 or 2?

Score:

What do I notice about myself or my work when my primary factor is low?

What do I notice about myself or my work when my secondary factor is low?

What would change if these factors were consistently 8-10?

OLIVIAFITCHETT.COM

OLIVIA@OLIVIAFITCHETT.COM

Engagement Factors



We are holistic beings, and there are many different influencers on our energetic presentation. These factors fall into six different areas: spiritual, mental, emotional, physical, social, and environmental.

Factors within these six different areas of influence affect energy, stress, and engagement associated with any given task, activity, or situation. They can enhance our energy, work for us, and move us toward success OR detract from our energy, and keep us from our success. Optimization of the influences can enhance energetic presentation and increase potential (by increasing engagement and decreasing stress). Conversely factors within these six areas can lead to decreased potential because they cause stress and reduce engagement.

Spiritual

Spiritually, energy is affected by your sense of purpose for, and meaning in, all aspects of your personal and professional life. It's what's behind your sense of fulfillment or contribution. It's what drives you to do what you do.

Spiritual Energy influences:

- Connection to purpose
- Alignment with overall goals
- Alignment with vision
- Connection to something bigger
- Confidence
- Faith/ trust
- Resiliency
- Commitment
- Determination
- Fulfillment of desires
- Conscious awareness/ perspective
- Ability to have something to look forward to: short term and long term

Mental

Mental refers to something of or relating to the mind or carried out by or taking place in the mind. It's how you process your thoughts. Energy from a mental perspective manifests in how much brainpower you have available at any given moment to complete the task at hand. It is built on your ability to be present in the moment – to be alert, focused, and clear - in order to harness your mental faculties for decision making, idea generation, performance, etc.

Mental Energy Influences:

- Presence in the moment
- Alertness
- Ability to concentrate
- Ability to focus
- Clarity: short and long term action plan
- Ability to access brainpower
- Ability to access creativity
- Ability to access intuition
- Decision-making ability
- Degree of mental stimulation

Emotional

Emotional means, of course, of or relating to emotions. Energy is affected by the way people think about and manage their emotions- in themselves and others. Emotions present critical data. Think of emotions as a barometer- simply put, they can track whether stress is on the rise or falling (which will enhance or detract from energy toward the task at hand).

Emotional Energy Influences:

- Ability to manage stress response
- Desired degree of emotional stimulation (e.g. excitement)
- Hormonal activity (creating the right chemical formulation for the task at hand)
- Emotional awareness
- Emotional understanding
- Expression
- Emotional control
- Being in a “success enhancing” mood.

Physical

Physical means of or relating to the body as opposed to the mind. Energy is expressed physically by how much ability you have to move and take action- how well you are able to prepare for and then create the physical acts that will best serve you to accomplish any given role, goal, or task. Physical influences on energy are typically easier to detect than the other types of energy because they are usually visible. Physical energy can be quickly seen in an individual's presence at any given moment.

Physical Energy Influences:

- Adequate sleep
- Adequate nutrition and proper eating habits
- Ability to properly execute mechanics (movement needed for desired activity)
- Adequate exercise: strength and endurance
- Overall excellent health: biomarkers can measure blood pressure, ect.,
- Management of pain

Social

Social means of or relating to society or its organization. It's how we "relate" to one another.

Social Energy Influences:

- Ability to influence others
- Ability to communicate and interact with others
- Enhancing attitude toward working with or competing with others
- Presence of desired culture
- Presence of desired support network
- Existence of accountability
- Access to nurturing relationships: partners, friends, family, work, coaches/teachers, like-minded people

Environmental

Environmental means of or relating to the settings or conditions in which a particular activity is carried on.

Environmental Energy Influences:

- Adequate setting for performance: climate, temperature, environment, lighting
- Comfort of clothing
- Adequacy of equipment
- Access to technology to get feedback and improve

ESTD



2020

Olivia Fitchett

COACHING — SPEAKING