

RESILIENCY

ACTIVITY: Building a Positive Culture

Cultivating a happy and healthy work environment is vital to the success of any business - and even more important is developing a sense of community. The Resiliency program is a terrific opportunity to look at your team culture and see where you might be able to improve it.

Think about how it feels when someone does something nice for you. Now, think about how you feel when you do something nice for someone else! Every interaction we have with each other has the potential to either lift us up or bring us down. By making conscious decisions to “fill each other’s buckets”, these small interactions over time build a culture that increases engagement, teamwork, and our sense of safety.

The activity below is one way to build and strengthen relationships by building a positive work culture.

Try This!

- 1) Pick someone to whom you would like to give a simple “thank you” to today. This can be someone who needs a quick “pick me up” or someone who might already have the positive vibe going that you want to continue to encourage.
- 2) Write a short note on a “drop” form (see examples on page 2) and place it on their desk or computer, hopefully at a time when they are not present.
- 3) Aim to complete 2 or 3 “drops” per week to see how quickly your positive culture blooms.

How Full is Your Bucket? By Tom Rath and Donald O. Clifton

<https://www.tomrath.org/book/how-full-is-your-bucket/>

The Story of the Dipper and the Bucket

<https://www.psychologytoday.com/us/blog/how-help-friend/201703/the-story-the-dipper-and-the-bucket>

