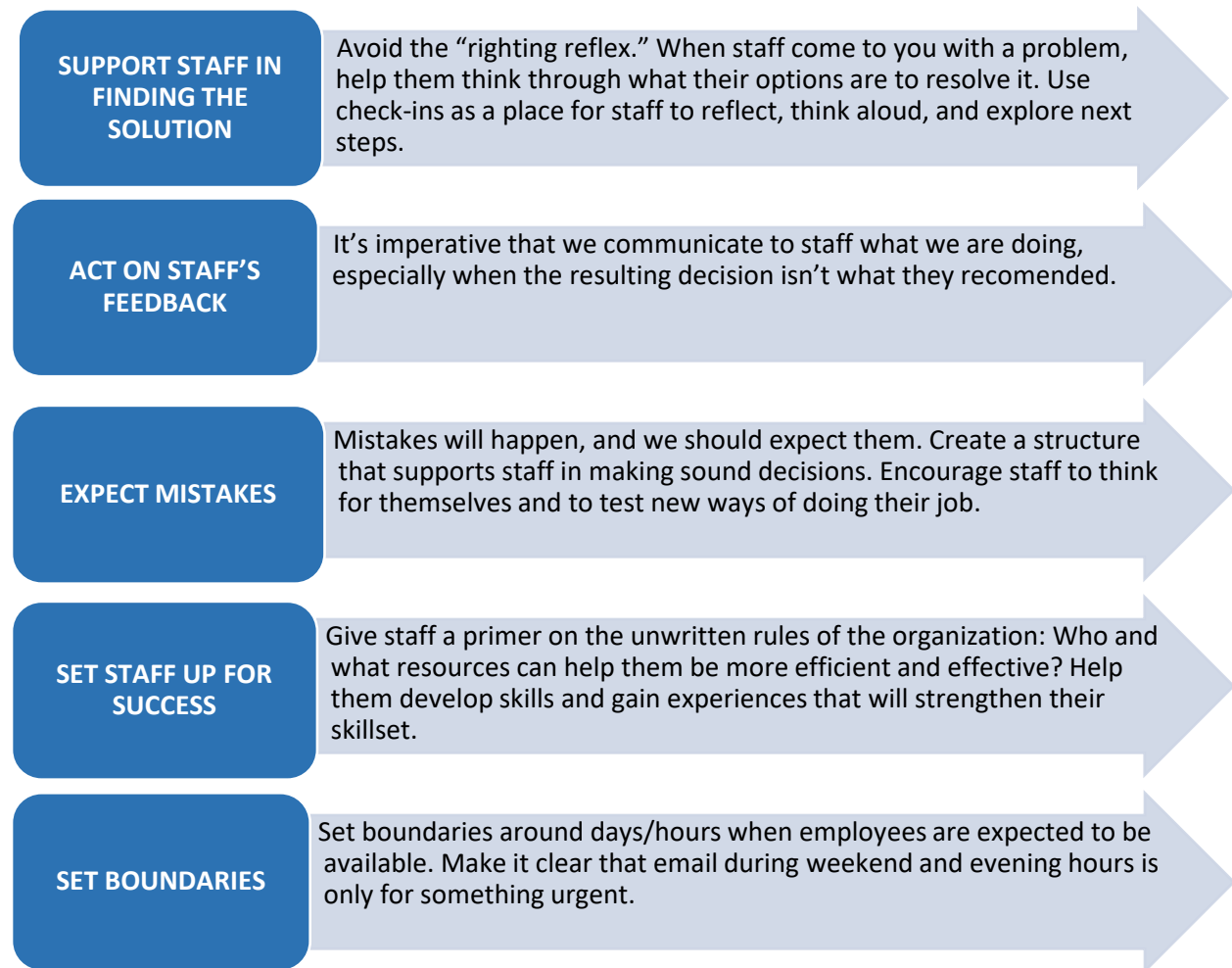


Supervisor's Quick Guide to Cultivating Personal Agency

How to Use This Tool

On your journey to becoming a leader who cultivates wellbeing at work, use these reflection questions to help you help you consider how you want to show up and how to hone your focus on small, actionable steps you can take each day to bring more wellbeing to you, your team, and your organization.



This information is provided by Advocates for Human Potential, Inc. (AHP) and supported wholly or in part through an Emergency COVID-19 grant to the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (FG-000268).