



# Task-Enabling Exercise

TECHNOLOGY NUMBER: 6285



## Technology ID

6285

## Category

Content  
Software & Content

## Inventor

Jane Dutton  
Kate Casolaro  
Mary Ceccanese

## Further information

Ashwathi Iyer  
[ashwathi@umich.edu](mailto:ashwathi@umich.edu)

## OVERVIEW

Makes task-enabling more visible, intentional, and impactful

- Workbook grounded in empirical research
- Can be used in classrooms, one-on-one coaching, group workshops, or for self-development

## BACKGROUND

The Task-Enabling Exercise (TEE™) is a reflective process that makes task-enabling, or helping, more visible, intentional, and impactful for you and others. After you reflect on a specific experience of task-enabling and how it was effective or ineffective, the TEE™ guides you through the process of identifying task-enabling patterns and devising an action plan to make task-enabling an intentional habit.

The Center for Positive Organizations is dedicated to inspiring and enabling leaders to build high-performing organizations that bring out the best in people. Positive organizations empower leaders at all levels to create positive work environments, improve the culture of their workplace, and discover what is possible with their employees and within their organizations. The Center is a catalyst for the creation and growth of positive organizations.

The Center's scholars have developed the TEE™ and other tools to help reveal and nurture the highest level of human potential.

Please visit [Center for Positive Organizations](https://www.cpo.umich.edu) for more information about the Center and other available tools.

## Learn more



## ADDITIONAL DETAILS

To request a teaching note or preview copy of the TEE™, please email [postools@umich.edu](mailto:postools@umich.edu).

**ACADEMIC PURCHASE LICENSE:** This license is for use in academic settings only. Purchase of this license requires authorization. Please complete the authorization request form that appears after selecting the "Order Now" button below. **Requests must be made from a valid academic domain email address (.edu or equivalent) and must include a description of the intended use of the exercise in the notes section of the form.** Failure to provide this information will result in the denial of your request.