



# Task-Enabling Exercise

TECHNOLOGY NUMBER: 6285



## Technology ID

6285

## Category

Content

Software & Content

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## 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.positive.org/) 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).

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