

5 PERSONAL BENEFITS OF EMPLOYEE ENGAGEMENT

It's apparent that employee engagement increases the organization's bottom line and performance, but what about the individual?

As an employee, why would I care about being more engaged if it only means I have to work harder and the company reaps all of the rewards?

#1 SAFETY

Engaged employees are **5 TIMES** less likely than non-engaged employees to have a safety incident and **7 TIMES** less likely to have a lost-time safety incident.

Disengaged employees are **TWICE** as likely to be injured on the job as engaged employees.
(Based on Worker's Compensation Claims)

TAKE AWAY: Engaged employees tend to follow safety procedures more diligently and don't lose focus as often, thus leading to fewer safety incidents.

#2 BETTER HEALTH

Disengaged employees were **TWICE** as likely to be diagnosed as depressed than those who were engaged.

Those that were engaged reported lower stress and higher interest levels throughout the day. They also showed improvements in cholesterol and blood pressure readings.

TAKE AWAY: Engaged employees tend to have better mental and physical health, thus raising internal morale and productivity.

#3 HAPPINESS

Employees can be happy but not fully engaged in their work. But those who are fully engaged in what they do are much more likely to also be happy.

EMPLOYEE ENGAGEMENT ≠ HAPPINESS

It's not magic...but it is. Employee engagement is based on fulfilling five basic human needs in our work:



TAKE AWAY: Research shows that once these five needs are met, our overall level of happiness increases.

#4 SUPERIOR PERFORMANCE

Being engaged is "having a great day at work," or "being in the zone."

WORK HARDER
WORK SMARTER
PRODUCE BETTER RESULTS
EARN HIGHER WAGES
GET PROMOTED FASTER
CREATE BETTER CAREER OPPORTUNITIES

TAKE AWAY: Being fully engaged doesn't mean devoting oneself entirely to a job and sacrificing work-life balance. Be **ENERGIZED** and **COMMITTED** to your work.

#5 BETTER HOME LIFE

Disengaged at Work **EQUALS** Disengaged at Home. We're simply wired that way.

"I have my work-life and my home-life. They don't mix." Two separate lives? Not true.

TAKE AWAY: Engaged employees are far more likely to be engaged outside of work. Home Sweet Home! Two separate lives? **NOT TRUE.**

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