Task-Enabling Exercise

Task-Enabling™ Exercise

Overview

The Task-Enabling Exercise™ 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.

To request a teaching note or preview copy of the Task-Enabling™ Exercise, please email pos-tools@umich.edu.

To purchase the TEE™, please select your purchase type under “License this Technology” to the right.

• Standard Purchase: $15
• Academic and Non-Profit Purchase: $12

Applications

The Task-Enabling™ Exercise (TEE™) is a workbook grounded in empirical research. Possible uses of the workbook include:

• Classroom exercise: Instructors use the TEE™ to assist their students in building high-quality connections and enhancing team performance.

• One-on-one coaching: Coaches use the TEE™ to guide clients on how to be healthier and more effective by understanding how to encourage and facilitate better task-enabling.

• Group workshops: Organizations invite employees to participate in the TEE™ to increase effectiveness of helping and being helped and to foster employee development, growth, and thriving.

• Self-development: Individuals use the TEE™ to enable themselves to more effectively help and be helped.

The Center for Positive Organizations

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, improving the culture of their workplace and helping them discover what is possible with their employees and within their organizations. Our mission is to inspire and enable leaders to
build high-performing organizations that bring out the best in people. We are a catalyst for the creation and growth of positive organizations.

Our scholars have developed the Task-Enabling Exercise ™ and other tools to help reveal and nurture the highest level of human potential.

For more information about the Center and other available tools, please visit http://positiveorgs.bus.umich.edu.

Inventors

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