

Growth and Development: Why it's Important

Presence	Absence
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Increases commitment
to personal and
organizational goals

Increases levels of
boredom

Increases job
satisfaction

Decreases performance

Enhances staff well-
being

Increases turnover

Promotes care for
oneself

Increases the varying
degrees of conflict

Strengthens work
relationships

Enhances
disengagement and
distress



Work to live.

#MyWorkplaceHealthMatters