Workplace Strategies for Mental Health

Compliments of Canada Life

What drives behaviour?

E-learning module

When faced with behaviour that's confusing or frustrating, it can be helpful to consider if the individual is reacting to an unmet need. Review below to consider if any of these needs may not be met.

This can change the way you react to be more helpful and effective. It can also help you avoid personalizing someone else's behaviour or words.



Consider unmet needs

Unmet needs
often drive behaviour



Acknowledgement

The need to
be valued, seen and heard



Autonomy

The need for
some control and choice



Integrity

The need to live within
your own moral principles



Interdependence

The need to
give and receive support



Physical

The basic need for air,
water, food, shelter and safety



Play

The need for activities
that bring joy and reduce stress



Spiritual

The need for
meaning and purpose

Learn more about what drives behaviour:

What drives behaviour?
clwsmh.com/drives-behaviour

Link emotions, thoughts and behaviour
clwsmh.com/link-emotions

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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