10-FAKTOR in practice

I know that I do work that matters to more than just myself.

This gives me energy at work.

I catch others red-handed doing a good job, and I tell the person.

10. Prosocial motivation

1. Intrinsic task motivation

2. Self-efficacy

I dare to ask questions, ask for help, accept help, learn from mistakes and help others.

I can influence this in my daily work.

9. Mastery-oriented motivation climate

10-FAKTOR

3. Work autonomy

I dare to do things I haven't done before, and I dare to do things in a different way than I have done before.

I can use this in my job, and I can be challenged to develop within this.

8. Willingness to be flexible

4. Competence mobilization

I will learn what I need to be able to perform well at work both now and in the future.

I know what is expected of me in my job, and what I can decide.

I show direction, give meaning and see the individual.

7. Perceived competence development

6. Perceived role clarity

5. Mastery-oriented leadership