

5 Languages of Appreciation

Objective

(3.5 Hours)

By understanding the 5 Languages of Appreciation, you can gain a clearer picture of an individual's style of appreciation in a work-related setting. Individuals differ in how they experience feeling appreciated at work. Some people prefer to be told that they are doing a good job. Others feel valued when their supervisor spends individual time with them. Some team members are encouraged if their colleagues work with them to complete difficult tasks, while others are motivated by tangible rewards received for a job well done. This highly interactive session will use a combination of assessment tools, videos and group activities to help you discover your language of appreciation.

The Importance of Appreciation:

- The cost of not showing appreciation in the workplace
- Appreciation and being valued are the #1 characteristic of new job seekers.
- How people feel when they are not appreciated

5 Languages of Appreciation Overview

- Words of Affirmation
- Quality Time
- Acts of Service
- Tangible Gifts
- Physical Touch

Discover Other Peoples Language of Appreciation

- Observe their behavior
- Observe what they request of others
- Listen to their complaints
- Take Listening Assessment (\$10/each)

How Would You Like to be Appreciated?

- Group training activity
- Video
- 5 Languages of Appreciation reference guide

Materials

- Full Color Workbook
- Online Assessment
- Videos
- Quick Reference Guide
- Certificates

Additional Resources

- Music
- Markers
- Colored Pens & Pencils

Reinforcement

- Activation Activates
- Tips & Tricks
- Action Planner
- Highly Interactive Sessions
- Group Activities

