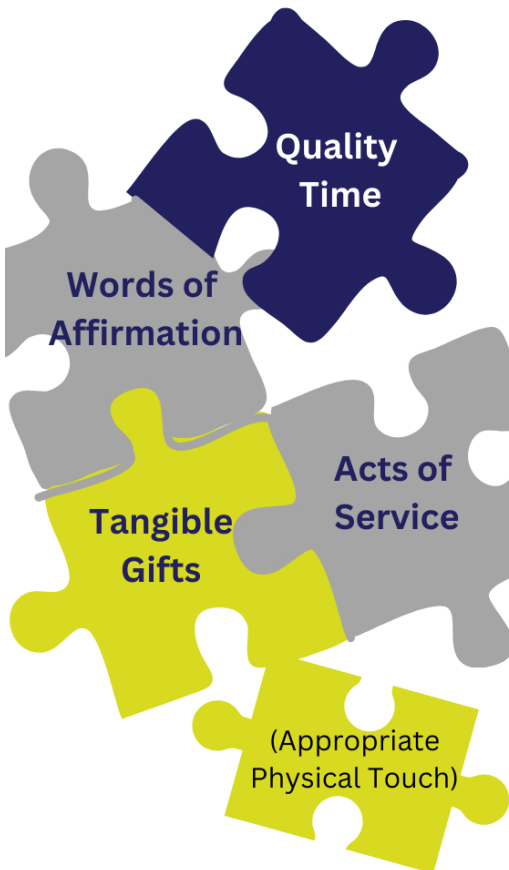


# Week 1: Languages of Appreciation

# RAS Leadership Development Series

## Languages of Appreciation

A professional translation of “The Five Love Languages” concept by author Gary Chapman, The 5 Languages of Appreciation can be applied to your interactions with your team, your leader, and your peers.



**Words of Affirmation:** Providing specific examples and recognition to validate and affirm the individual's unique contributions.

**Quality Time:** Dedicating your time to support and engage with team members.

**Acts of Service:** Demonstrating taking on the weight of responsibilities in the ways that matter to your team, peers and leaders shows humility and respect.

**Tangible Gifts:** Providing personalized, thoughtful items such as a simple handwritten note or homemade item that demonstrate an understanding of the person's preferences.

**Appropriate Physical Touch:** While valid in some workplaces, at Right At School, we encourage our leaders to be a role model of the ways we interact with others. Generally, physical touch is not the best option

### Action Steps

- Ask someone how they like to be recognized
- Consider how to vary your approach to meet individual needs
- Try a new language of appreciation and observe how it is received

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