

Leadership Right Bites Library

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Languages of Appreciation

We are excited to provide you the RAS edition of the 'The 5 Love Languages' concept by Gary Chapman. Gary wrote The 5 Languages of Appreciation, which can be applied to your engagement with your Team, your Leader, and your Peers. People want to be appreciated, so let's be thoughtful about what matters to them and how we express it.



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

Quality Time: Dedicating YOUR time and focus to support and engage your Team, Leader and Peers shows respect and validation.

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 and thoughtfulness.

***Appropriate* Physical Touch:** Generally, physical touch is NOT the best option in the workplace. However, a warm handshake, a shoulder pat with care, genuine eye contact may mean a lot to someone.

Action Steps

- Ask or observe how your team and peers like to be appreciated.
- Consider how to vary your approach to meet individual needs.
- Try a new Language of Appreciation and observe how it is received!