

5 Languages of Appreciation in a Workplace – While the same as the 5 love languages, please understand that the primary language in your personal life might differ from your professional life. Write down your ideas and events from your life.

Acts of Services - pitching in, helping out, reach out to help finish a project.

Tangible Gifts - small gifts in form of THEIR favorite food, gifts that are interesting to them (knowledge of interest, hobbies etc. is necessary)

Words of Affirmation - words of praise, handwritten thank you cards, private praise, public praise.

Physical Touch - high five, fist bump, slap on the back, congratulatory handshake. Use CAUTION!

Quality Time - Having someone to stop by to listen, to work, to hang out, working together on a project.

5 languages of Appreciation in the Workplace by Gary Chapman & Paul White - Mbainventory.com for test (cost is \$15.00)

Contact us: ask@jfbellgroup.com

for your free Toastmaster Implementation Questionnaire