Encouragement

“Most of us swimming against the tides of trouble the world knows nothing about, need only a bit of praise or encouragement - and we will make the goal.” ~ Robert Collier

Why?

- Research shows that when we hear something we like, a burst of dopamine is released in our brains. Dopamine is a neurotransmitter, and it's associated with feelings of joy, pride, satisfaction, and well-being. Encouragement in organizations is key to developing and sustaining positive relationships and fostering an upbeat work environment.

References:
http://www.mindtools.com/pages/article/giving-praise.htm

How to Give Memorable Praise

1. Be Specific
   a. When you tell the other person what he did well and how it had a positive effect, it will make your message memorable and relevant.

2. Praise Often
   a. The more you praise others sincerely, the quicker they'll learn what's important to you.

3. Show as Well as Tell
   a. For instance, asking a team member to mentor a new employee shows that you value her work ethic and character

4. Praise Appropriately
   a. This is why it's important to figure out the best form of praise for each person. Before you offer public praise to anyone, ask yourself whether this is something the person would truly want.

5. Spread Praise
   a. Make sure to include team members who get less recognition

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