



# EXPRESSING SUPPORT TO YOUR EMPLOYEES



## Languages of appreciation

Take a different approach to showing your support to your employees by learning their love language, or language of appreciation. This may be an odd concept and you may be wondering "What do you mean?" Well, people have ways in which they interpret love, care, concern, or appreciation; Gary Chapman coined the term for this concept as a "love language."

By learning their love languages, you can be more intentional in the way you support your employees and show your gratitude. This can impact them in a different and greater way than a generic expression that is given to every employee.

**Curious what your language is?** Take an online quiz at: <https://bit.ly/3FU3ThY>

## Workplace appropriate love languages & examples on how to express gratitude:

### ♥ Words of Affirmation

- Be specific about what an employee did well on a recent task or project

### ♥ Quality Time

- Make time for one-on-one check-ins, follow through and be on time.

### ♥ Acts of Service

- Take a task off the plate of a busy/stressed employee

### ♥ Tangible Gifts

- Get to know what is valued by the employee and tailor your small gift using that knowledge.