

5 Languages of Appreciation in the Workplace

A process to determine how individuals prefer to be recognized



Tangible
Gifts



Quality
Time



Words of
Affirmation



Acts of
Service



Physical
Touch

- Tangible Gifts: Offering an individual physical items as gifts.
- Quality Time: Giving the individual your focused attention.
- Words of Affirmation: Using words to communicate a positive message to another individual.
- Acts of Service: Providing assistance or asking how you could help another individual.
- Physical Touch: Feeling a connection with another individual– human to human contact (not usually a primary language at work).