

# Weekly Wisdom

*Grow the Green for You and Your Team*



*"The deepest principle in human nature is the craving to be appreciated." -- Gary Chapman*

## 5 Languages of Appreciation

We talk a lot about *appreciation* in healthcare. Sincere expressions of gratitude mean a lot to us, and they positively affect workplace culture.

The book, *The 5 Languages of Appreciation in the Workplace*, encourages us to learn our coworker's preferred "appreciation language" in order to show them that we see and value them.

What is your appreciation language?

- Words of affirmation
- Quality time
- Tangible gifts
- Acts of service
- Appropriate physical touch

Consider sharing - and using - languages of appreciation with your colleagues this week!

