

Power of the Positive Word

Receiving praise from others can help us to focus on our strengths. This exercise also reminds us that others recognize our positive qualities and that we work in a setting that acknowledges and celebrates our work and unique attributes.

For this activity you will need the following materials:



- 2" x 2" pieces of paper or Post-it Notes – every person needs one for the number of individuals in the room.
- Pens/pencils

Have staff introduce themselves and state a favorite hobby or activity they like to do outside of work. Hobbies and favorite activities shed light into a person's interests and who they really are. In addition, hobbies and activities provide enjoyment, healthy perspectives, and life satisfaction.

As each staff member introduces themselves, the rest of the group writes down the person's name and a positive statement about that person. These statements can mention an accomplishment of the person, a unique skill/aptitude, and/or a strength the person brings to the organization. After each staff member has introduced themselves and everyone has written positive comments, people will hand out their positive comment notes to respective staff members. In the end, each staff member should receive a positive comment from each member of the group.

Allow staff a few minutes to read through their positive comments. Bring the group back together and take a moment of silence to reflect on "how it feels to be given positive comments." Ask staff to share:

How it feels to receive positive comments?

How this exercise can be used as a foundation for creating a more positive culture?