

Action Guide

TEI 298: How product managers can use appreciation to improve product teams

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Application Questions

1. Describe a time when someone showed you appreciation in a meaningful way. How did you feel?
2. Which of the five languages of appreciation resonates most with you?
3. What is one way that you are good at showing appreciation to others?



Actions to Take

What to Do Now

- Consider words of affirmation you could use to show appreciation for a colleague. Formulate a compliment including the person's name, specifics about what you appreciate, and why it's important to you.
- Identify an act of service you could perform for a colleague. Be sure to make it personal and thoughtful.

What to Do Soon

- Plan quality time with someone at your workplace. Consider whether focused attention or peer interaction is most appropriate. If you're working remotely, look for a way to spend time connecting personally.
- Look for opportunities to identify others' preferred languages of appreciation.