



# Harnessing Positive Reinforcement for Success

## ONLINE SEMINAR

Learn how to effectively acknowledge and appreciate positive actions in various contexts, from the workplace to parenting. We can help.

**August 2024**

## LET US HELP

Visit the website below starting August 20th

**WEBSITE:** [www.EAPHelplink.com](http://www.EAPHelplink.com)

**TOLL-FREE:** 1.800.999.1077

**COMPANY CODE:** UI1

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**

# Employee Assistance Program *Tip Sheet*

## The Power of Workplace Recognition



Praising employees, teammates, and peers at work for a job well done may seem like a simple act, however consistent recognition can have transformative impacts on employees and the workplace. When behaviors or performance that are valued are acknowledged, staff morale and self-confidence increase, and a supportive, engaging, and motivating work environment is cultivated.



There are a few things to keep in mind when complimenting a peer or employee. For recognition to be effective it should be:

- Genuine, sincere, and enthusiastic, but not overblown
- Draw on specific examples, linking to actions or results
- If possible, provided in real time to the accomplishment
- Provided regularly
- Linked to the values of the group or organization

There are a few things to keep in mind when complimenting a peer or employee. For recognition to be effective, you may consider incorporating:

- Monthly employee spotlights, public recognition during team meetings, or a designated wall of fame
- Recognition during one-on-one meetings with employees or co-workers
- Encouraging peer-to-peer recognition programs where colleagues can recognize each other

Whether you're looking to create a healthier and more productive workplace or perhaps struggling to meet your own personal performance goals, contact your Employee Assistance Program at the number below for guidance and resources.

Learn more: at <https://positivepsychology.com/employee-recognition/>



### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**  
1.800.999.1077

**WEBSITE:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)  
Code: UI1



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