

Pondering Point

It is important to realize that not all people like to be recognized for a job well done in the same way. While some prefer to be recognized publically, this may leave others feeling caught off guard and put on the spot. Perhaps those people prefer to be honored privately. Can it be somewhere in the middle at times? Does recognition always have to be face-to-face? Can it be emailed or given over the phone? **A lot can depend on what we are being recognized for.** For example, it may make a difference if the acknowledgement is for a group that a person participated in versus being called out singularly. Either way, it's important to be recognized in a manner that makes us feel comfortable so we can take in the compliment.

It's up to us to let others know how we want to be recognized. What format is the most comfortable for us to receive acknowledgement? Do I know the purpose for the recognition? Am I taking a moment to recognize myself? Am I recognizing others a certain way because that is how I like to be handled? **Learning the ways in which we like to receive recognition increases the chance that we will receive the compliments the way they were intended. It helps us take in our achievements and truly celebrate our successes.**

How do you like to receive RECOGNITION?

Loud and proud or reserved and gracious?



Imagine... receiving recognition in a way that allows you to celebrate and feel proud of yourself.

— From Pondering to Practice —

Self Reflection Activity

Take a few minutes to fill out this brief explorative questionnaire below called, "Getting to Know You."

It may help shed some light on how you would prefer to receive recognition in several different settings.

Use the results as a starting point for conversations with your employers, peers and others who may not know this about you.

Getting to Know You

http://www.charmmdfoundation.org/Attachments/Recognition_Survey.doc

Activity

Spread the awareness around!

Try This - Getting to Know You

Print out or attach the blank questionnaire to the left to an email to see how others that you connect with like to receive recognition.

Having this on file will help when it comes time to dole out the compliments!

"I don't deserve this award, but I have arthritis and I don't deserve that either."

- Jack Benny