

The power of compliments

Why give compliments?

- Compliments boost someone else's self-image and strengthen relationships.
- Compliments enhance a person's confidence.
- Compliments inspire motivation.

How to give a compliment

1 Describe the behavior:

Use phrases like "I saw you..." or "I appreciate when you..."

2 Share the effect:

Express how the behavior affected you or others:

- "It makes me feel..."
- "I see others respond by..."
- "It encourages me to..."

Tips for effective compliments:

- Offer compliments directly, right after the behavior.
- Ensure compliments are genuine and sincere and have no hidden motives.