

## The Five Languages of Appreciation on a Team

We all want to feel accomplished and appreciated on a team. Your teammates and coaches all receive and feel appreciation from you in a different way based on what their own language. If you have ever wondered why you fight with your teammate it might be because you are not communicating her appreciation language. This is true of any person – everyone has a language of appreciation. You do as well. There is a cognitive relationship to how we feel “connected” to our team. So, what is your language of appreciation and how will it help you perform better? Here are the Five Languages of Appreciation and their meanings. *Take time to understand your sphere of influence and how to resolve team conflict and increase effective communicate with your teammates and coaches.*

### Words of Affirmation

Actions don't always speak louder than words. If this is your language or appreciation, unsolicited compliments mean the world to you. Hearing the words, “I appreciate you,” are important-hearing the reasons behind that this sends your spirits skyward. **My Bad:** Insults can leave you shattered and are not easily forgotten.

### Quality Time

In the vernacular of Quality Time, nothing says, “I appreciate you,” like full, undivided attention (from teammates, coaches, etc.). Being there for this type of person is critical, but really being there—with the TV off, cell phone put away, and all externals on standby makes your teammate feel appreciated. **My Bad:** Distractions, postponed dates, or the failure to listen can be especially hurtful.

### Receiving Gifts

Don't mistake this language for materialism; the receiver of gifts thrives on the thoughtfulness and effort behind the gift (even an email). If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. **My Bad:** A missed birthday, anniversary, great game, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

### Acts of Service

Can grabbing a teammates gear bag for them really show appreciation? Absolutely! Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person. It speaks volumes. The words he or she most want to hear: “Let me do that for you.” **My Bad:** Laziness, broken commitments, and making more work for them simply tells teammates of this language that their feelings don't matter.

### Physical Touch

A teammate whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and appreciation. **My Bad:** Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Never leave a teammate hanging on a High-5!

Your Language of Appreciation \_\_\_\_\_

### Teammates Language of Appreciation (LA)

Name \_\_\_\_\_ LA \_\_\_\_\_

Name \_\_\_\_\_ LA \_\_\_\_\_