

EXERCISE for TOPIC 1: Providing Feedback

This first exercise is very simple. All I want you to do is to increase the amount of praise you give your employees and observe how much more productive and/or much happier they become, which is contagious and amazing for your team's culture! It also costs you nothing!

Per the example I listed below, please write the employee's name and the positive feedback you will give them. Then if possible, observe how much happier and/or productive they are after you provided the feedback/encouragement.

Why is this exercise important?

Employees that feel more appreciated are usually more productive and they enhance the culture of your team.

Please complete the table below:

Employee Name	Positive Feedback to Give Them:	Did They Seem Happier and/or More Productive After You Provided the Encouragement? (I bet it made you feel happier!) Below type: Yes, No or Unchanged
[Example: John Smith]	[Example: Great job with the reports you made today!]	Yes

[Optional] Additional Comments/Observations/Ideas/Next Steps: