

The 5 Love Languages of Appreciation



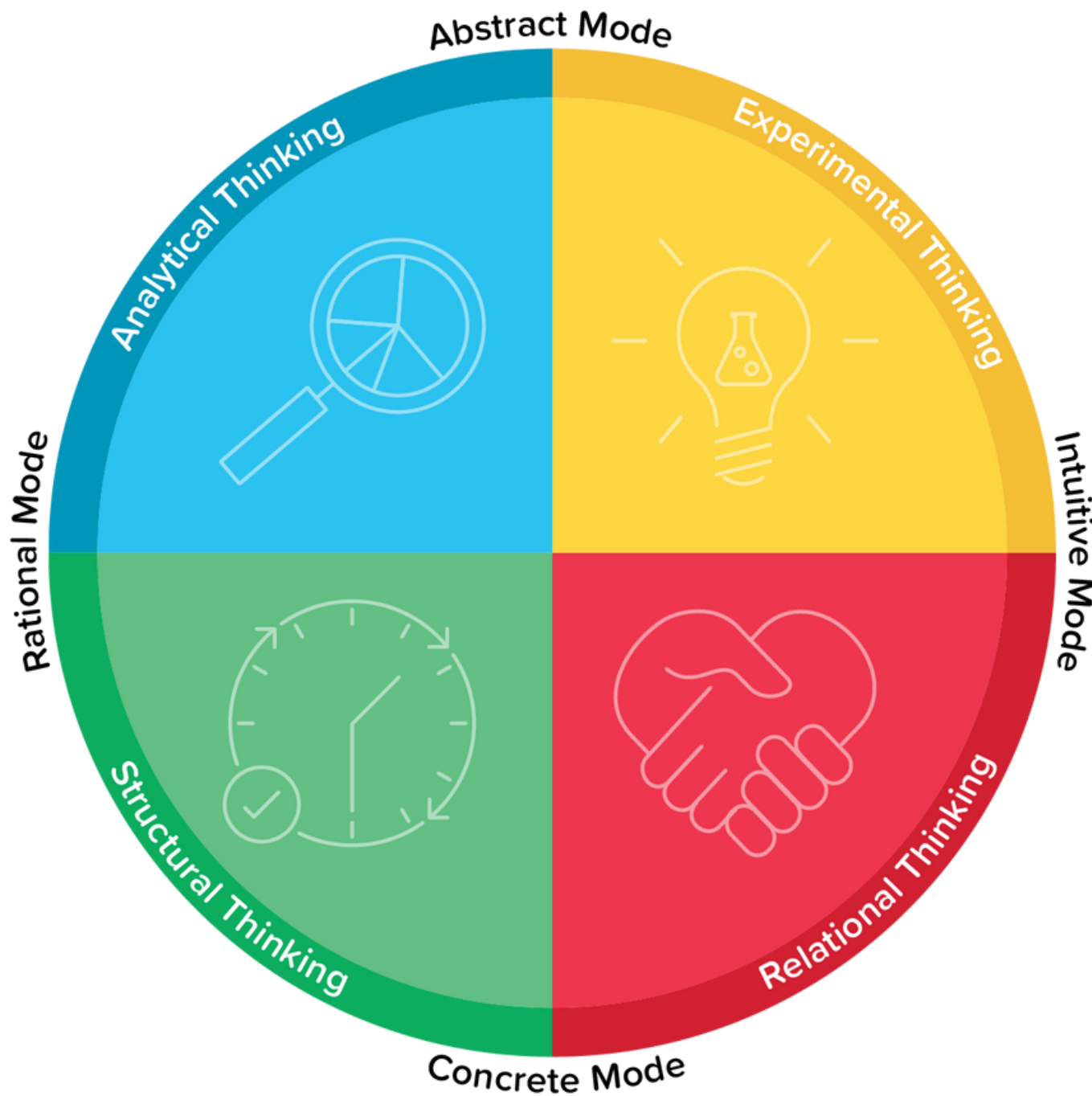
How to Leverage Whole Brain[®] Thinking to Help Communicate The 5 Languages of Appreciation

A

Quantitative
Fact-based
Logical

D

Synthesizing
Integrating
Holistic



Detailed
Organized
Sequential

Empathic
Emotional
Interpersonal

B

C

Acts of service

Acts of service means making an effort to lend a helping hand to your co-workers. This could be grabbing them a cup of coffee, offering to help with a project, or just pitching in whenever they need an extra set of hands.

This signals to your coworkers that you care about them and are willing to go the extra mile to help the team succeed.

Acts of service are particularly well received by the types of thinkers who prefer **Analytical (A Quadrant)** and **Practical (B Quadrant)** types of thinking on the HBDI®



Quality time

This love language is focused on attention and being present. This means making time for meaningful conversations, listening to what others have to say, and being fully engaged in team projects.

This doesn't mean you have to spend hours chatting every day, but it does mean being present and focused when interacting with them. It can be as easy as setting up a recurring 1:1 check-in with them. By showing that you value their time and attention, you can create a stronger, more supportive team.

Quality time is particularly well received by the types of thinkers who prefer **Practical (B Quadrant)** and **Relational (C Quadrant)** types of thinking on the HBDI®



Words of affirmation

This love language refers to the act of expressing appreciation and support.

This can be done through verbal compliments or written notes. Showing appreciation for colleagues can create a positive and supportive environment. It can also make people feel more motivated and engaged with their work.

Words of affirmation can be a powerful tool for building relationships and promoting teamwork. The key is to focus on specific actions or accomplishments that you genuinely appreciate.

Words of affirmation are particularly well received by the types of thinkers who prefer **Experimental (D Quadrant)** and **Relational (C Quadrant)** types of thinking on the HBDI®

Tangible gifts

Some ideas of tangible gifts to give your colleagues include a nice pen or notebook, tickets to a concert or play, a voucher to eat out or a desk plant.

Taking the time to choose a thoughtful gift can go a long way in showing your colleagues that you care about them.

While all tangible gifts are well received by all thinkers depending on the selection of a suitable gift, they are particularly well received by the types of thinkers who prefer **Experimental (D Quadrant)** and **Analytical (A Quadrant)** types of thinking on the HBDI®



Appropriate physical touch

A simple fist bump or high five can go a long way. When used sparingly, physical touch can help build rapport and create a more positive working environment.

Physical touch is particularly well received by the types of thinkers who prefer **Relational thinking (C Quadrant)** on the HBDI®