



**WELLBEING
NEWSLETTER**

10 Creative Ways to Build a Culture of Appreciation at Work

by Rachel Druckenmiller

Let's do a better job of recognizing people *on a daily basis*, so they feel seen, heard, valued and like they matter. Everyone would benefit - both the giver, the receiver *and* those who observe the act of kindness.

I've yet to meet anyone who suffers from *too much* appreciation.

My hope is that gratitude and appreciation will become so normal that *not* being grateful, *not* showing appreciation, and *not* regularly recognizing people will be seen as unusual and surprising.

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