

Love Languages

FOR WORKPLACES



WORDS OF APPRECIATION

- Say thank you
- Encouragements
- Affirming words
- Genuine praise
- Give credit
- Thank you note
- Acknowledge and implement feedback
- Recognition in emails or group chats



GIFTS OF GRATITUDE

- Birthday cake
- Celebrate milestones
- Grab a coffee for colleague
- Birthday gift
- Christmas gift
- Souvenirs from holidays
- Snacks to share in lunch room



QUALITY TIME

- Active listening
- Undivided attention in conversation
- Have lunch together
- Socials out of work
- Workplace bonding or outings
- Christmas parties
- Create special memories together



POSITIVE BODY LANGUAGE

- High fives
- Fist pumps
- Eye contact when speaking
- Smile and positive facial expressions
- Hand shake
- Pat on the shoulder
- Hugs with consent when appropriate



ACTS OF SERVICE

- Ask 'how can I help'
- Assist in alleviating workload
- Be an accountability partner
- Fill in and cover shift
- Wash dishes or clean the lunchroom
- Sharing notes and resources