

HOW EFFECTIVE IS YOUR PRAISE?

SAYING “GREAT JOB” SIMPLY ISN’T ENOUGH

Sometimes people don’t understand how they succeeded, but you can help them repeat their success with effective praise.



Effective praise is adding an extra sentence to pinpoint exactly what about their preparation or performance was critical to their success.

Benefits of effective praise

Shows you were really watching

Adding an extra sentence explaining what they did to succeed will show the individual that you were actually paying attention to their performance.

Demonstrates your genuine interest/authenticity

The extra detail included in effective praise shows that the “good job” was authentic and real based on that person’s performance.

Can promote winning streaks

An extra sentence explains exactly what the performer did right. When they perform again, they can focus on those aspects of the performance and experience the success again.

Everyone can benefit from effective praise. Try it with your Soldiers, at home, or at work.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  