

The Value of Saying Thank You

More and more studies show that gratitude makes a person happier and healthier. Appreciation is a major driver of employee job satisfaction and happiness; 67% of employees are motivated by praise from a manager¹, and engaged employees are more productive employees². Make a powerful impact by practicing easily replicable activities for expressing gratitude, like the ones listed below. By realizing the value of saying thank you, each of us helps make UC Berkeley a place where we can all do our best work.

TOP 5 WAYS TO SAY THANK YOU

1. Go to appreciate.berkeley.edu

In 30 seconds you can post a public appreciation for one of your colleagues and make their day.

2. Make Appreciations a Regular Ritual in Meetings

Go around the room and have each person appreciate the person on his/her left. In just 5-10 minutes, you will have improved the effectiveness of your meetings.

3. Give Formal Recognition

Nominate individual staff members or teams for recognition awards, like Spot and Achievement Awards, or other types of departmental rewards.

4. Give a Thank You Card

Use our new UC Berkeley Thank You Cards to express your thanks in a format that quickly becomes a keepsake. Order cards for your department at OperatingPrinciples.berkeley.edu.

5. Go for Coffee

Spend a few minutes with a colleague to share your gratitude for their contributions.

RESEARCH

Read articles about the value of saying thank you:

http://greatergood.berkeley.edu/article/item/five_ways_to_cultivate_gratitude_at_work

<http://www.forbes.com/sites/joshbersin/2012/06/13/new-research-unlocks-the-secret-of-employee-recognition/>

¹McKinsey Global Survey; ²Gallup