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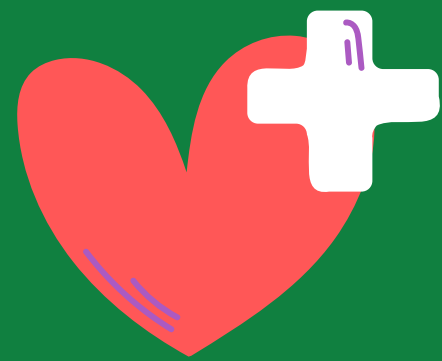
# **# Activate Engagement**

Tips from Learning Sciences to  
Spark Deep Learning

**#6 Express Gratitude**

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## TIP #6



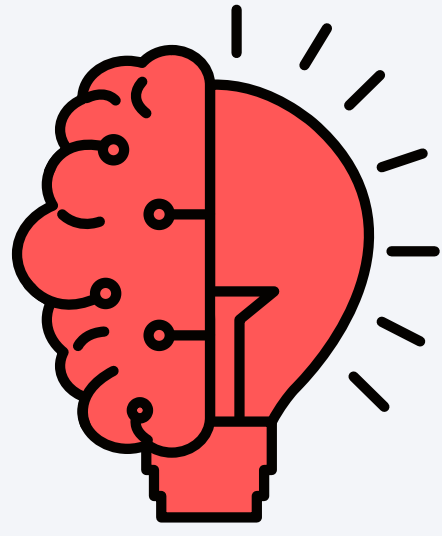
# EXPRESS GRATITUDE

### Example

"Great job organizing team-building activities! Everyone has so much fun at your events."

### Activate Engagement by also Expressing Gratitude

"Thank you for noticing and filling this gap in our team. Please let me know if you need any help to keep this programming going."



## **THE SCIENCE**

**Expressing and receiving gratitude has a healing effect, which counteracts the stress of uncertainty by releasing dopamine and serotonin.**

# FEEDBACK + GRATITUDE = LOYALTY

Interactions with others make up the fabric of our social relationships. When we combine effective feedback with gratitude, the recipients' motivation is impacted as well as the strength of the social bond between the individuals.

Just like effective feedback, impactful gratitude is specific and timely. A practice of regular gratitude can have powerful long-lasting effects.



# CONTACT US

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