

Improving motivation and self-esteem with effective praise



- Specific
- Sincere and truthful
- Focused on process
- Immediate
- Unexpected



- Young children – compliment publicly
- Adolescents – compliment privately



- Prep for them
- Focus on two to start
- Not just for academic achievement
- Talk slow!



- Use 'I' statements
- Effective praise of positive behaviours

Examples

'I like how you concentrated on your reading for 10 minutes'

'You held the door open for your friends on your own initiative, Sam. Good thinking'

'I always look forward to hearing what you have to say'

'Asking thoughtful questions shows us you're listening to others, and listening is the secret of good communication.'