

<b>Love Languages</b>	How can you show appreciation for someone who values this love language at your site?	What might be some of the challenges in showing appreciation in that way?	How can you overcome those challenges?
<b>Words of Affirmation</b>			
<b>Quality Time</b>			
<b>Acts of Service</b>			
<b>Tangible Gifts</b>			
<b>Physical Touch</b>			

# How to speak Your Co-workers **LOVE LANGUAGE**

Love Languages	How to Communicate	Actions to Take	Things to Avoid
<b>Words of Affirmation</b>	Encourage, affirm, appreciate, empathize, & listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, hollow praise, not recognizing or appreciating effort.
<b>Quality Time</b>	Uninterrupted and focused conversations. One-on-one time is critical.	Create shared experiences, engage in small-group dialogue, work in close proximity on a project, and engage in quality conversation (empathetic dialogue).	Distractions when spending time together. Interrupting during conversations.
<b>Acts of Service</b>	Use action phrases like, "I'll help..." They want to know you're with them, partnered with them.	"Don't tell me you care, show me." Ask before you help, serve voluntarily & with a positive attitude, do it their way, and complete what you start.	Making the requests of others a higher priority, lack of follow-through.
<b>Tangible Gifts</b>	Thoughtfulness, providing a gift that the person values (can be tangible or experience gifts).	Giving thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Giving a gift that is generic or not valued by the recipient, unenthusiastic gift receiving.
<b>Physical Touch</b>	Non-verbal- use of body language and touch to emphasize appreciation.	Appropriate touch with verbal affirmation (hug, high five, handshake, pat on the back)	Touch without consent