

# RECOGNITION:

## *Celebrating Efforts and Success*

Feeling valued and appreciated makes a big difference. Whether it's recognizing a major achievement or simply acknowledging someone's kindness, showing appreciation helps people feel confident, connected, and motivated. Recognition isn't just about big celebrations—it's about creating a culture where everyone feels seen and valued. In this activity, you'll practice giving meaningful compliments and explore simple ways to celebrate the success of those around you.



**Conversation Starter:** Think about a time when someone recognized your effort or achievement. How did it make you feel? Did it motivate you to keep going?

## RECOGNITION RUNWAY

### Part 1: Recognition Wall

- Write each participant's name on a separate piece of paper and tape them to the wall.
- Give everyone sticky notes to write positive comments about their peers, focusing on things like:
  - Strengths they admire.
  - A time they saw them succeed.
  - Something they appreciate about them.
- Participants place their comment sticky notes on the corresponding person's paper.
- Have volunteers consolidate the notes on an index card for each person.

### Part 2: The Recognition Walk:

- Form two lines facing each other to create a walkway.
- Play upbeat music. (optional)
- Each participant takes a turn walking down the aisle as their strengths are read aloud.
- The group claps and cheers to celebrate each person.

### KEY OBJECTIVES

-Understand why recognition matters in leadership and teamwork.

-Practice giving meaningful compliments that make others feel valued.

-Explore how recognition builds confidence and stronger connections.

### WHAT YOU'LL NEED

- Sever sheets of paper (one for each participant)
- Sticky notes
- Pens or markers
- Optional: Prewritten appreciation prompts (see Appendix)
- Optional: Music for the recognition walk

### FACILITATION TIPS

- Encourage participants to highlight real strengths, not just general praise.
- As a facilitator, set an example. Show appreciation for small acts of kindness, leadership, and effort to create a culture of recognition.

## ALTERNATIVE: PARTNER RECOGNITION

- Pair participants up and ask them to take one minute to share something they admire about their partner.
- Encourage specific compliments, like 'I admire how you always encourage others' instead of just saying, 'You're nice.'
- Each person writes down the compliments they received and thinks about how it made them feel.

## REFLECTION

- Why do specific compliments feel more meaningful than general praise?
- How does receiving recognition make you feel? Does it boost confidence or motivation?
- What made the recognition meaningful?

## CHECK UNDERSTANDING

Did participants experience the power of both giving and receiving recognition? Did they understand how recognition can help improve teamwork and motivation?

## APPLICATIONS

- How can we make recognition a bigger part of leadership and teamwork?
- What are simple ways to celebrate and appreciate people in daily life?
- How does recognizing others help build a stronger, more connected team?

**DIVE DEEPER:** How does giving recognition to others impact your own confidence and leadership skills?

**KEY TAKEAWAY:** Recognizing and celebrating others helps create a positive, supportive environment where everyone feels valued. Whether through words, actions, or small gestures, making people feel valued builds confidence, strengthens teams, and encourages everyone to keep growing.

## FACILITATION TIPS

Prewritten appreciation prompts, to give ideas.

- "One thing I admire about you is..."
- "One of your strengths is..."
- "I noticed that you..."
- "You made a difference by..."
- "Something you did that really stood out was..."
- "You are great at..."

