



## APPRECIATION DIALOGUE

- ▶ Ask for an appointment
  - ▶ "I would like to share an appreciation, is now a good time?"
- ▶ Send & Mirror a message
  - ▶ "One thing I appreciate about you is..."
  - ▶ "This is important to me because..."
  - ▶ "When I see that in you, the emotion I experience is..."



# APPRECIATION DIALOGUE

## ▶ Summary

- ▶ "Let me see if I got it all. What I heard you say... Is that a good summary?"

## ▶ Validation

- ▶ "You make sense. What makes sense about that is...."

## ▶ Empathy

- ▶ "I imagine you might be feeling... Is that what you are feeling?"