

Life and Business Leadership Insight - October

"The Power of Compliments"

Can you remember the last time you gave or received a compliment?

I hope the answer is yes...I really do, because I don't think we give or receive enough of them from day to day.

Here's an experiment for you to try.

I want you to count the number of compliments you receive over the next couple of days.

What qualifies as a compliment I hear you ask?

I guess any comment that makes you feel genuinely good. That may sound a little too general but I think the premise holds true. Any comment that makes you feel really good inside would surely be a compliment wouldn't it?

In any case enjoy your social experiment yet promise yourself that you will not be disappointed if you don't get many. That's because in my opinion there is a dearth of them around the place!

What a pity.

I'm convinced that one of the most powerful ways to build our self-esteem (and the self-esteem of others) is to continually give and receive compliments. Following from this I think there should be more compliments in every day life. How else can people learn to feel good about themselves without receiving compliments and encouragement from others?

Why don't we give compliments then? I mean if it's such a win-win why aren't they more common?

Well maybe the reason why we do not give compliments is because of some of the following:

- Fear of the response being misinterpreted.
- Lack of knowledge on how to do it effectively?
- Personal apathy and low self-esteem.
- A negative and destructive culture at both home and the work place where knocking people down is more prolific than helping people up. Sad but true.
- Sustained negative attitude to all things constructive.
- Lack of effective and positive role models to learn from.

The remedy in my opinion is to repeat the recycling mantra! "Act local, think global" and apply it to compliments and encouraging statements whenever the opportunity arises.

Hey, it may take time to change the world but it can take just a few words of praise to change an individual.

Performance Enhancing Substance:

"We would worry less about what others think of us if we realised how seldom they do"

Ethel Barrett

Performance Enhancing Reading Material:

"Staying At The Top" Ric Charlesworth. Pan Books. 1992. ISBN 0 330 36366 2.

Performance Enhancing Products:

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