

## Increase Results at Work and In Relationships with More Compliments

### ***Four Tips for Celebrating World Compliment Day***

For Immediate Release (Denver, CO) Feb. 28, 2013 --America's Complimentologist and Author of *The Compliment Quotient*, Monica Strobel, urges managers, bosses, parents and partners to remember to use the power of appreciation on World Compliment Day taking place on March 1. While National Compliment Day is celebrated in the U.S. in January, proponents of a similar holiday in The Netherlands have expanded this holiday day worldwide. The goal is to give at least three compliments during the day.

"Recent data confirms the thought leadership that one of the deepest desires of human beings is a craving for appreciation. And compliments and appreciative words are among the most powerful motivators and tremendous sources of deeper connection, a positive, productive outlook and personal joy," says Strobel.

Despite a seemingly increasing culture of callousness, the power of appreciation is bubbling up across the country. Students at more than 100 colleges and high schools have started Facebook compliments pages as a way to counter the bullying mentality and share positives about classmates. New software enables workers to submit an email compliment of a fellow employee as a way to bolster a positive organizational culture.

These efforts tap into the hidden powers of a compliment, according to Strobel. "Many people think of a compliment as simple etiquette or a strategy to "kiss up" to others. Yet a compliment wraps respect, empathy, gratitude and encouragement, among other qualities, into one say it forward' package," says Strobel. "Sharing appreciation is one of the most overlooked and misused cost-free practices for improving workplace engagement and productivity, as part of good parenting, for reigniting the connection and intimacy in relationships and to instantly improve your own attitude and well-being," adds Strobel.

While it won't impact your budget to participate in World Compliment Day, Strobel offers four tips for giving the best compliments:

1. **Be authentic** Be on the lookout for something truthful and positive--and say it. But no brown-nosing-- everyone recognizes a false compliment which can actually backfire on you.
2. **Tune your praise to others** Instead of complimenting on what we like—such as them getting some work done the way we wanted it, look for things that matter to them to compliment on.
3. **Be specific** If you could repeat the compliment to anyone it's not as meaningful. Personalizing your compliment creates a stronger emotional reaction and bigger uplift.
4. **Model the compliment habit** Increase positive leadership at work or home by complimenting in front of others, demonstrating that recognition is valued.

For more tips including *7 Biggest Mistakes Managers Make with Appreciation*, a downloadable *Free Compliments* slips mini-poster, info about *The Compliment Quotient* (Amazon, Tattered Cover \$14.95) and link to World Compliment Day site, visit [www.complimentquotient.com](http://www.complimentquotient.com) or twitter at Complimentology.

Author, speaker, consultant and founder of Positive Focus Success, Monica Strobel, *America's Complimentologist*, has spoken and appeared across the country on ABC, NBC, CBS, FOX, in *The Denver Post*, *COSMOPOLITAN* and on the radio. Her leadership on The Appreciation Advantage helps managers, entrepreneurs, parents and partners harness the practical and irresistible powers of appreciation, recognition and compliments to improve employee motivation and organizational culture as well as enhance personal relationships and joy. [www.positivefocussuccess.com](http://www.positivefocussuccess.com) DIRECT: 303.898.8706

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