



# Fostering a supportive work environment using the language of appreciation

The five languages of appreciation are: words of affirmation, quality time, acts of service, gifts, and physical touch. These languages help individuals understand not only how they prefer to receive appreciation in the workplace but also how they naturally express it to others. By recognizing and utilizing these languages, colleagues can foster a more supportive and appreciative work environment, enhancing overall job satisfaction and team cohesion.

## What you'll learn:

- How to make the most of the five languages of appreciation
- Help people understand how they want to receive appreciation in the workplace and how they show it to others
- How to teach others the use of the language of appreciation

### About the Facilitator:

#### Rebecca Sultan, MA, LMFT, LCADC

Rebecca holds a BA in psychology and education from Whittier College and an MA in counseling psychology from Regis University. She is the manager of Employee Assistance Program services at Behavioral Healthcare Options, where she has worked for over ten years.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

### Language of appreciation

Thursday, March 20, 2025  
10 – 11:30 a.m.

Click **HERE** to  
Register or **Scan**  
the QR code.



Earn 1.5 Clock Hours\*

\*Please indicate on the registration form if CEUs are required.