



THE RESILIENCE READER

CHAPTER 16: EFFECTIVE PRAISE

Competency: Connection

LOVE CHALLENGES

BE INTRIGUED BY MISTAKES

ENJOY EFFORT

AND KEEP LEARNING

-Carol Dweck



Resilience Reflection

Effective Praise in action

Provide Effective Praise for the situations below.

Remember to focus on effort, strategy, or skill

Example

Your little sister learned to play the piano piece she has been working on for months.

"That sounds great! I can tell you practiced really hard on learning this music"

Your dad, who's usually a hard sideline coach at practice, wasn't overbearing on the way home.

You aced a test

Who is someone who deserves some effective praise in your life?

What did they do to earn the praise?

Write the praise you would like to bestow on them.

Effective Praise

Specifically names the **strategy, effort or skill** utilized in order to get positive results.

BUILDS CONFIDENCE

reinforces what someone is doing "right"

BUILDS OPTIMISM

Helps to focus on the positives

ENABLES WINNING STREAKS

