



Does Public Praise Really Work? Uncover the Neuroscience Behind Its Effects!

One Thing to Remember: Public praise amplifies the effects of compliments by engaging the *Saliency Network (SN)*, which helps prioritise emotionally significant stimuli, and it enhances group cohesion by activating the *Central Executive Network (CEN)*.

The Impact of Public Praise.

When praise is given publicly, it not only validates the individual being praised but also influences the group's dynamics. *The Saliency Network (SN)* plays a key role in this process by detecting the emotional significance of the praise, which is more pronounced in a public setting. This activation heightens the emotional impact of the compliment, making it more memorable and reinforcing positive behaviour. Public praise also engages the *Central Executive Network (CEN)* as individuals reappraise their roles and contributions within the group. This reappraisal can lead to increased motivation and a stronger sense of belonging. However, it's crucial to ensure that public praise is sincere and well-timed to avoid putting undue pressure on the recipient.

One Thing to Try:

- **In Work Context:** During a team meeting, say, "I want to highlight Sarah's contribution to this project—her attention to detail has been exceptional." This not only boosts Sarah's morale but also encourages similar diligence among the team.
- **In Intimate Relationships:** At a family gathering, express, "I'm so proud of how supportive you've been through all our challenges." This public acknowledgment strengthens the relationship and highlights your partner's value in front of others.
- **With Kids:** In a group setting, say to your child, "You really showed great leadership in today's group activity." This public praise reinforces their leadership qualities and encourages their peers to recognize and follow positive behaviours.

Aidyn and NX10 Team

At Nx10, we're on a mission to harness data on brain function to extend and enhance good quality life years. Imagine a future where everyone enjoys a longer, healthier quality life - that's our vision!

P.S. Got Questions? We're all ears!

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