Workplace Strategies for Mental Health

Compliments of Canada Life

Recognition preferences

Name:

Choose one from each of the following pairs as your preference:	
○ Frequent acknowledgement	○ No more than monthly acknowledgement
○ Specific to the quality of my work	○ Specific to my effort and attitude
○ In public	○ In private
○ In writing	○ Verbally
○ Individual	○ As a team

Complete each of the following:

Recognition I don't appreciate includes:

Recognition I appreciate includes:

Workplace Strategies for Mental Health recognizes that no one can give perfect feedback to everyone, every time. Sharing your preferences can help provide information to make this easier. Either party can remind the other of this information at the time of recognition.

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life.

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