

# HEALTHY MINDS

## Recognition and Reward



Appreciation can come in the form of:

- Positive verbal/written feedback
- Special recognition within the organization
- Public recognition
- Awards (certificate, plaque, gift)
- Team get-togethers

Acknowledging people in a fair and timely way can go a long way in boosting morale and confidence.

When people go out of their way to give examples of how your efforts made a difference, you feel valued.

What can I do as an employee?

- Start a peer recognition or gratitude board
- Send a personal thank-you card or email
- Give them a “shout-out” at the next team meeting

*It is important to feel appreciated for your work and efforts*

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### What can I do as a manager?

- Develop a criteria to help employees understand how they can be recognized**
- Ask the employee how they would like to be recognized**
- Recognize the process as well as the results**
- Encourage peer-to-peer recognition**

### Wellness Resources

#### **Employee (and Family) Assistance Program**

1-844-880-9142

<https://www.lifeworks.com>

#### **Western Rehabilitation Services**

Support Services Building RM 4159

#### **Crisis Line (Reach Out)**

Web Chat: <http://reachout247.ca> (519)

433-2023 or 1-866-933-2023

#### **Canadian Mental Health Association**

<https://www.cmha.ca>

*For more information, visit:*

[www.uwo.ca/hr/safety/wellness/healthy\\_minds/index.html](http://www.uwo.ca/hr/safety/wellness/healthy_minds/index.html)



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