



## The One Minute Praise

- Objective:** To give participants some positive feedback.
- Time:** 3 - 5 minutes
- Procedure:** Describe the importance of positive stroking for behavior modification. Dr. Ken Blanchard (The One Minute Manager) suggests we “catch people doing something right.” To quote Lord Chesterfield’s advice: “Make a person like himself/herself a little better and I promise he/she will like you very well indeed.”
- Tell participants you’re going to ask them to do something they may find awkward or even embarrassing. Ask them each to turn to the person next to them and say something nice to that person about that person (i.e., a “one-minute praise”).
- Process Questions:** (After activity) “How do you feel right now? (Most will acknowledge a positive reaction.)
- How many of you—having been given that perhaps embarrassing assignment—turned to the person on your left or right (pause) smiled (pause) and said “You go first?”
- When was the last time someone gave you an honest compliment?
- More importantly, when was the last time you gave someone else a word of praise?
- Material Required:** None.

Reference: Adapted from “The One Minute Manager”, Ken Blanchard.