

Giving and Receiving Acknowledgment Are Powerful Gifts

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How well do you receive compliments? Gratitude? Praise for your work?

Our informal research throughout the past 25 years plus indicates that most people—90% plus—have a terrible time just accepting compliments much less love and/or praise for their work.

And now we're in the midst of holiday season when getting gifts can trigger the inability to receive—whether it's doubt in the gift giver's sincerity, suspicion of the gift giver's motives, and even flat out rejection of a gift as being meaningful—believing that it's just protocol, office tradition, or the boss is merely giving out bonuses because it's in the budget.

Making Gift Giving Meaningful

*** If you are the business owner and/or manager and it's time for you to hand out gifts to your staff members—whether in the form of bonuses, gift certificates, or something a bit different—it's important to provide a personal message with your gift so that the recipient gets a specific message from you about the value you see in them and the benefits they provide to the company. You may want to do this verbally or in writing, depending on the circumstances.

*** Unless your staff is too large for this to be practical, make your gift giving a one-on-one personal experience, so that it's not experienced as just "a company thing."

*** And, perhaps most important, check to make sure that the recipients are actually receiving and taking in what you give them. Not just a bonus check or tickets to the theater—but your care and respect for who they are. How do they respond to you? If they try to fluff off your gift as "no big deal" be sure to add more to your message regarding how you value them and assure them that it's important that they take it in. If they don't your gift will be meaningless. And the goal is to help develop your employees confidence and provide assurance that they are valued by you and the company—both for who they are, job retention, and for the support of more good work from them in the new year.

Receiving Gifts So They Enhance Your Well Being

*** Whether it's at work, in your family, or within your friendship circle, when you are given a gift, how do you traditionally respond? Most people try to act like it's no big deal. But this year, please practice taking in the care that went into giving you the gift. Take it into your identity, who you really are.

*** Then, whether it's a simple "Thank you" or a more expanded message about how much it means to you to receive the bonus, tickets to a sporting event, a spa day special pass, whatever it may be—be sure to check in with yourself to locate what it actually means to you deep within. You may not be familiar with doing this so your knee jerk response may be to take the gift for granted. But if you don't truly receive it, you miss out on discovering more about who you are in the eyes of people who truly care about you.

*** Now, do your best to express this deeper value of what it means to you to be validated and honored by the gifts given to you—whether it's by your boss, your spouse, your best friend, even and especially your

children.

As you finish reading, how are you feeling about giving gifts and receiving them?

(Photo: giving gifts by ted craig/Flickr)

Judith Sherven, PhD and her husband Jim Sniechowski, PhD <http://JudithandJim.com> have developed a penetrating perspective on people's resistance to success, which they call The Fear of Being Fabulous™. Recognizing the power of unconscious programming to always outweigh conscious desires, they assert that no one is ever failing—they are always succeeding. The question is, at what? To learn about how this played out in the life of Whitney Houston for example, and how it may be playing out in your own life, check out their 6th book: <http://WhatReallyKilledWhitneyHouston.com>

Currently consultants on retainer to LinkedIn providing transformational executive coaching, leadership training and consulting as well as working with private clients around the world, they continually prove that when unconscious beliefs are brought to the surface, the barriers to greater success and leadership presence begin to fade away. You can learn about their core program "Overcoming the Fear of Being Fabulous" by going to <http://OvercomingtheFearofBeingFabulous.com>

Their 7th book, short and to the point, "25 Power Speaking Tips That Will Leave Your Audiences Wanting More," is available in Kindle at: <http://tinyurl.com/25PWRSPKGTips>