

Power Thank You

Think back to all the times you've thanked someone, how many of them were a quick "Thanks"? Now think of all the times someone's gratitude really touched you. Most of the thank yous we remember are the ones that we can categorize as a Power Thank You.



In many instances, all that is needed is a quick thanks, but when we are all working with so many excellent volunteers (both in and out of League) occasionally we want to make sure that they know that they are appreciated.

The basic framework for a Power Thank You is:

- 1) Be specific about what you are thanking them for. What task, help, reassurance, etc... did that person do/give?
- 2) Acknowledge that it took effort.
- 3) Tell them how it impacted you personally.

By being specific, it shows that you did truly appreciate the effort and that you noticed. It helps people feel as though what they did made a difference and makes them much more likely to continue doing it.

It also helps to build relationships because it works to mirror neurons in the brain. When you give someone a power thank you, their brain tells them that you get them, you understand. Understanding and empathy are cornerstones to good relationships.

