



## **The Power of Recognition**

### **Program Description**

As chapter leaders, we can often focus too much on the areas for improvement or completing our checklists. If we fail to pause every now and then in order to recognize the value of our members and all that is going well, we may not have anyone following us anymore. In this short program, participants will take time to practice gratitude, recognize chapter members' contributions and celebrate their chapter successes.

### **Learning Objectives**

- Identify how practices of recognition foster healthy chapter culture and build credibility.
- List ways to celebrate and recognize sisters.
- Participate in a recognition activity for your chapter member(s).



## **Gamma Phi Gratitude**

### **Celebration and Recognition Practices**

- Have your executive council identify middle members for recognition and/or solicitation of ideas. Assign executive officers to reach out during the following week.
- Do a power clap at the end of chapter meeting. Choose one word that sums up what each individual loves about being a Gamma Phi. One person says their word, and the whole group claps once in unison, before allowing the next person to say their word, followed by a clap. Continue until you've gone around the entire circle.
- Five minutes of good: spend five minutes at the beginning, middle or end of a chapter meeting to celebrate individuals' contributions to the chapter.
- Lay a sheet of paper on each chair prior to chapter meeting and have each person write one note of gratitude and give it to the person to their right at the end of the meeting.

**What other ideas did you hear that could be implemented within your chapter?**



### **Gratitude Tips**

**Be Personal:** Getting to know your chapter members' interests is critical to showing your appreciation adequately. For example, if you know that someone loves art and music, then perhaps include some reference to song lyrics or a play/movie. If someone else is a sports fan, then calling her a MVP might be a great idea.

**Be Specific:** Every time you praise people within your chapter, be specific about what they did to deserve the recognition. Being specific not only makes the person you recognize feel better, it also lets the whole group know that you're paying attention. So, detail exactly what the person did and why it made a difference.

**Be Gamma Phi:** Celebrate something your member did that exemplified Gamma Phi Beta. Think about the statements and values that we hold dear and how they are exemplifying these ideals. Consider using any of the following hashtags for social media posts: #Shels, #GammaPhiGratitude, #GPhiLove, or #LoveLaborLearningLoyalty.

- Mission: To inspire the highest type of womanhood.
- Vision: We will build confident women of character who celebrate sisterhood and make a difference in the world around us.
- Core Values: Love, Labor, Learning and Loyalty

### **Take It Home**

- Set aside time in your executive council meetings to write notes or posts.
- Share these ideas with your sunshine chairwoman.
- Set calendar reminders for yourself to recognize your sisters once a week.