

Saying thank you is a simple yet powerful way to:

Foster a culture of appreciation

Expressing gratitude helps establish a culture where appreciation is the norm. When team members regularly say “thank you” it creates an environment where everyone feels valued, respected, and encouraged to do their best work.



Boost moral and motivation

Acknowledging effort with a “thank you” can lift spirits and boost motivation. It reassures your team that their contributions are valued, which can inspire them to maintain or increase their level of effort.



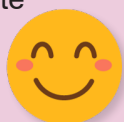
Strengthen relationships

Gratitude fosters goodwill and strengthens relationships between team members. It helps build trust and mutual respect, leading to a more cohesive and collaborative team.



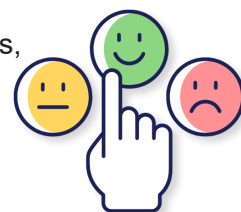
Improve wellbeing

Gratitude has been shown to reduce stress and improve overall wellbeing. A simple “thank you” can make someone’s day better, reduce the negative impact of stressors and contribute to a healthier work environment.



Reinforce positive behaviours

When team members are thanked for specific actions, it reinforces those behaviours, encouraging them to continue. It helps establish a standard for what is appreciated and valued within the team.



Create a positive feedback loop

When team members say “thank you” to each other, it creates a cycle of positive reinforcement. People are more likely to reciprocate gratitude, leading to an ongoing exchange of appreciation that strengthens the team’s culture.



Enhance engagement and retention

Employees who feel appreciated are more engaged and committed to their work. Gratitude helps meet the psychological need for recognition and belonging, which can reduce turnover and keep team members invested in the team’s success.



Our [thank you app](#) is a quick and easy way to share appreciation. Look out for this button on the intranet and UHD app.

Encourage a growth mindset

Thanking someone for their efforts, especially when they have taken on a challenge, promotes a growth mindset. It recognises that effort and learning are valuable, not just the final outcome. This encourages continuous improvement.

