

## Gifts

A gift is a sign that you thought of them. Gifts don't have to be big and fancy. At work it can be small tokens like bringing an extra bagel or via a kudos programme in which employees can give each other bonuses.

This love language includes the "Gift of Self" – being there in a crisis, when it really counts.

## Words of Affirmation

People with this primary love language thrive on the spoken or written word – words of encouragement, compliments etc. A "Thank you" goes a long way.

Speak kind words to them, to others in their presence or about them behind their back.

# 5 Love Languages

Why do marriages fail? Many fail because a spouse doesn't feel loved by their partner. Sometimes to the utter surprise of said partner. People express love in different ways and gestures of love can get lost in translation, leaving spouses feeling unloved.

Most people have a primary and secondary love language. They express their love in these languages and also best understand love in these. If you want to fill your partner's "love tank" and make them feel loved, show your love in their love language, not your own.

The same concept applies at work regarding appreciation. Many people quit their jobs when they do not feel appreciated.

## Physical Touch

If you're thinking "I love sex! This must be my love language!", think again. Do you also thrive on hugs, kisses, holding hands, a pat on the back?

This one is the most difficult at work. Maybe a handshake, fist bumps, ...?

## Quality Time

This love language is about undivided attention (drop that phone!). It has two major dialects: 1) Talking to really understand the other person and 2) "Quality Activities" – doing something together, building nice memories.

At work, have team events or 1on1s.

## Acts of Service

Some people let actions speak. To fill their love tank, help them solve a problem. Take over a task you know they hate. If you can, anticipate their needs.

