

Questions for Reflection and Discussion

One of the best ways to remember information is to share with others what you are learning. Additionally, an effective way to deepen understanding of new concepts is to reflect on how they apply to your daily life and to hear others' perspectives on the same information. To help in this process, we've put together questions you can reflect on or use as a guide to discuss with others who have read the story of Sam and his colleagues.

- What challenges do you face in your workplace relationships? How might authentic appreciation help you deal with your most difficult personnel problems?

- Which of the characters in the story tended to annoy you the most? Why? How do you relate to individuals in your daily life who are like that character?
- Which of the characters did you most identify with? What qualities do you think you share with them? What in the story challenged you to think about behaviors, thoughts, or attitudes you may want to change?
- Do you find communicating appreciation natural, or do you find it hard? Are there tips in the story or managers' responses that might make it more "doable" for you?

