other people's cups, make sure yours also stays full!

It can be difficult to appreciate others when you don't appreciate yourself. When filling our own, however, our efforts may fall short if the receiver's appreciation language is different than our own.

Did you know gratitude and appreciation in living a happy and productive life. Watch this 4.5-minute video by Kate MacAleavey to learn more about the importance of gratitude and appreciation in living a happy and productive life. Read the full article by Aastha Bensla by clicking on the graphic above.

Warning Signs Your Team is Feeling Underappreciated at Work

Did you know that not everyone likes to be appreciated in the same way? According to Gary Chapman and Paul White, authors of The 5 Languages of Appreciation in the Workplace, everyone has a preferred and a least valued language of appreciation. Our SUPERVISORS’ TUNE UP newsletter is excited to announce we will be partnering with our Employee Assistance Program to host three virtual workshops for supervisors this upcoming academic year. All sessions will take place via Zoom from 1 p.m. to 2 p.m. Registration for each event will be shared one month prior to each session date.

The Psychological Effects of Workplace Appreciation and Gratitude

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We want to feature YOU! Do you have any supervisory tips/tricks you’d like to share? We are currently accepting submissions for future newsletters. So far in 2023, we have featured supervisors like Becca Hildebrand, College of Humanities, Arts & Sciences, Brandon Uhlenhopp, Operations & Maintenance, and Joel Schaaf, Academic Human Resources. To access this video, click on the blue button above and enter your UNI email address to access content.