

**CHEERS!**  
**The Art of Affirmation**



## **SYNOPSIS**

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This program aims to create awareness in cultivating the art of affirming others. Affirmation is a lost art in today's society. People love to focus on the negative and thus make for unhealthy relationships, a lack of trust and low morale in the workplace. Affirmation is an attitude and skill set that can be learned.

## **OBJECTIVES OF PROGRAM**

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- Understand the nature and necessity of affirmation in organization
- Recognize the impact of showing appreciation
- Learn how to establish good relationships
- Learn how to build and nurture trust
- Turning trust to high performance

## **METHODOLOGY**

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The workshop combines lectures, role-plays, group discussions, videos, case studies and group projects. A major part of the workshop is very interactive to create greater self-awareness plus learning experience from peer group members.

# PROGRAM

## **Session One**

### **The Impact of Relationship**

- Teamword
- “Communication = Content + Relationship”
- Activity: Affinity & Respect survey

## **Session Two**

### **The Glue of Trust**

- Why is trust important? How to build trust?
- Activity: Win as much as you can

## **Session Three**

### **The Art of Affirmation**

- Why is giving compliments difficult? How to do it?
- Activity: What’s on your plate?

## **Session Four**

### **The Ingredients of High Performance**

- How does it all add up?
- CHEERS! We are getting it together
- Activity: Traffic Jam