

Positive reinforcement, appreciation benefit all of us



Lisa Desatnik
**MY
EXPERIENCE**

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In restaurants, homes and businesses across our region and even our Fountain Square, people are gathering to watch television screens. They're filling the seats at Great American Ball Park. They're dressed in red, and they are ready to stand and

scream.

This is the excitement our Cincinnati Reds have brought to our great city. They are having an incredible season. The Enquirer sports section is filled with triumphant moments of glory. But what really strikes a chord with me are the quotes from Reds manager Dusty Baker and players in which they credited their fans.

"This is what we thrive on. We love having sellouts, we love having people get excited. We really enjoy not disappointing them and going away with a win," Baker said.

"That was unbelievable to hear the crowd," said pitcher Mat Latos. "They're so loud and so into the game. I don't think they understand they have a big part in games like this. To have a sellout crowd and have them go absolutely nuts, everybody on that field in the ninth inning with Chapman on the mound, everybody is feeding off of that energy coming out of the crowd. Those fans have to understand if they do what they just did, we're going to win a lot of ballgames."

So, what I think I just heard Latos say was that, when you

build people up, focus on their strengths and reinforce the heck out of what they are doing right while NOT focusing on their weaknesses ... that they will do "right" pretty darned often and with intensity. What a brilliant concept! Consciously or unconsciously, we all know this. We excel in environments where we feel like we're valued and appreciated, when we have a boss, teacher or parent who seeks opportunities to praise us instead of to criticize, where our talents are nurtured instead of stifled.

We get the most from oth-

ers when we let them know they are valued and appreciated and when we look to find their best. Let us learn from our lesson. It will take you longer to count to 10 than it would to write the words "thank you" or "good job" or "I appreciate you" in a note. If you have an extra 20 seconds, you can probably jot down something specific about the job or the person that you appreciate. That person will feed off your positive energy.

This week I have this challenge for you. Find the good in those around you, appreciate it and proclaim it.