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## Understanding Reactions to Thank You Messages

I have been reflecting on the responses to my "thank you" messages and how reactions can vary. In a professional setting, some people respond in a calm and emotionless way. This behavior can be seen as a sign of strength for several reasons.

In many workplaces, professionalism is important. Keeping emotions in check helps maintain a serious atmosphere. When individuals respond without showing too much emotion, they demonstrate that they can handle situations maturely. This can build respect among colleagues.

Some people believe that staying composed shows emotional strength. They think that not reacting strongly to praise means they are confident in their abilities. This calm response can also indicate that they are focused on work rather than personal feelings.

Not everyone sees this as a sign of strength. Some believe that showing emotion, even in a professional setting, is important. They argue that expressing gratitude warmly can help build relationships and create a positive work environment.

Reactions to thank you messages can tell us a lot about a person's style. While some may respond in a professional but emotionless way, others might choose to express their feelings more openly. Both reactions have their own strengths, and it is important to understand that people have different ways of communicating.

I much prefer the second approach and this is usually the culture at ADU, I would love to hear your views.

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."—Marcel Proust

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