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18h · Edited

The Importance of Being Valued

Feeling valued and appreciated is really important for being happy and successful. When others appreciate us, it makes us feel better, this is the human nature. This recognition can come from family, friends, colleagues, teachers, or coworkers. Feeling valued means getting respect, support, and appreciation for who we are. When people feel valued, they become more confident, which helps them take on new challenges and reach their goals. It also helps build strong relationships; when we appreciate others, they tend to appreciate us back. People who feel valued are more motivated to work hard and make a difference because their efforts are noticed. It also improves our happiness and mental well-being, reducing loneliness and helping us connect with others.

To show others they are valued, we can at least say "thank you", listen carefully, make eye contact, give compliments, recognize achievements, support them in tough times, and accept their differences.

In the picture saying thank you to my colleagues **Aseel Fathallah Agha** and **Sara Al Abbasi**

"The greatest gift of leadership is a boss who wants you to be successful." -Jon Taffer

Hamad Odhabi Professor Barry O'Mahony Allison Hope Hamilton MHRM, SHRM-SCP. **Khulud Abdallah Abu Dhabi University Bassam Mura, MBA Layla Krouma**

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