



The Human Optimization Project

Pod-Club

E27 Compliment People: The How and Why of Giving Praise to Others

Discussion Questions for this Episode:

- 1) Natalie Caine distinguishes high-quality praise from generic positive feedback; high-quality praise is specific and personalized. Think about a time when you received specific praise that truly resonated with you. Discuss with your group: How did it make you feel compared to generic feedback (e.g.- "nice job!").
- 2) As they discussed in this episode, giving praise benefits both the receiver (increased joy, productivity, connection) and the giver (gratitude, self-reflection). Have you noticed these benefits in your past? Which of these benefits do you find motivates you the most to increase praise-giving, and why?
- 3) Natalie suggests that praise should be specific, timely, relatable, and sincere. Recall a recent interaction when you provided positive feedback. How could you have incorporated these elements to make your positive feedback more meaningful?
- 4) In this episode, they discuss the "five to one ratio" in relationships (five positive comments needed to outweigh one negative). How aware are you of the balance of positive versus negative interactions in your important relationships? Think of one or two people in your work or personal life who you will plan to provide more positive, specific comments to over the next month.
- 5) Common barriers to giving praise include busyness, fear of awkwardness, or a negativity bias. Which of these barriers do you most often experience? Discuss one or two small steps to overcome it with your pod club.
- 6) The episode describes how to receive praise gracefully, including accepting it on behalf of a team rather than deflecting or self-deprecating. How do you typically react when receiving praise? What might you do differently to receive it in a healthy way?
- 7) Natalie encourages making praise a "habit" by intentionally looking for opportunities to celebrate small positive moments. What is one specific daily routine or interaction where you could intentionally integrate a moment of praise?
- 8) The challenge in this episode is to praise three different people for three different things within 24 hours. Identify three people you could praise today. Write down one or two specific, small things you will acknowledge for each. Now go do it!