

Weekly Wisdom

Grow the Green for You and Your Team



“I can do things you cannot, you can do things I cannot; together we can do great things.” -- Mother Teresa

What We Can Learn from Taylor & Travis

Go, Chiefs! Go, Forty-Niners! Now that we’ve gotten that out of the way, what wisdom can we glean from the couple of the moment, music superstar Taylor Swift and legendary tight end, Travis Kelce?

The couple demonstrates the importance of having a cheerleader on your team. “When you cheer on your partner, that signals to them that they can trust you to celebrate their wins.” Mutual support and joy at others’ success are key components of healthy relationships - at work and at home.

This cheerleading behavior is one form of verbal affirmation, a kind of empathy that fosters strong relationships. It also gives us a boost of self-confidence to know others believe in us.

How can we verbally affirm our co-workers and our patients?

- Celebrate good news and wins.
- Remind someone that you believe in them and know they will rise to a challenge.
- Acknowledge wins that occur outside of work.