1. **What does encouragement mean to you personally?**
2. **What things can you do to encourage someone else?**
3. **What things could others do to encourage you?**
4. **Value**

* Value
* Feeling valued
* Make others feel valued
* Value someone for their contribution
* Seeming part, value, noting them
* Developing relationship, get to know me and value me as a person (and faults)

1. **Acknowledgement/**
   * Acknowledgement

* Acknowledging people's problems (without necessarily trying to fix it)
* Acknowledgement
* Acknowledgement, supporting
* Being acknowledged

1. **Appreciation**

* Show appreciation.
* Positive affirmation and appreciation
* A nugget of positive, specific appreciation
* Appreciation, sense of self worth
* Appreciation

1. **Encouragement**

* Encouragement is two way, you have to make an effort
* Encouragement is the little things even acknowledging you
* Encouraging the discouraged
* Knowing someone well enough to know what will encourage them
* To encourage someone you need to know where they are emotionally
* Never say ‘I know exactly how you feel,' encourage them to say how they feel
* Encouragement makes us happy, and content

1. **Self-worth**

* A feeling of self- worth
* Sense of self worth
* Sense of self worth

1. **Honesty**

* Honesty (x2)
* Sharing experiences honestly

1. **Hugs**

* Hugs (x7)
* A simple hug
* Touch or a hug
* A hug is so important
* Give a hug if appropriate

1. **Praise**

* Receiving praise.
* Giving praise
* Praising others
* Praise people when they do anything they find difficult
* Praise you when you've tried to do

1. **Listening**

* Listening (x4)
* Be there, listen
* Listening to each other
* Hear’ each other properly
* Listening and doing things
* Listening and hearing

1. **Feedback /Constructive criticism**

* Not criticising
* Constructive criticism how to help
* Give 3 positive comments to 1 negative one
* Give positive feedback - don't assume people know they've done well
* Point out little positive things

1. **Thanks/Gratitude**

* Saying thank you (x2)
* Thankfulness (x2)
* Thank people when they do anything they find difficult
* Thank you when you've tried to do something that you're not good at
* Thank people for their contribution Gratitude (x4)

1. **Time**

* Making time
* Giving people time
* Making time for each other
* Take time, take interest
* Share the time
* Spending time
* Someone giving you time, when not got enough time
* Taking time to chat beyond ‘how are you?’

1. **Smile**

* Smile (x5)
* Acknowledge someone with a smile
* Smile as though pleased to see you
* A smile is so important (x2)
* Say “Hello” with a smile
* People smiling

1. **Inclusion**

* Include them
* Feeling of inclusion
* Making sure people are included
* Embracing people's differences

1. **Communication**

* Chats
* Text
* Send letters/ cards even if belated
* Walking or similar gives opportunity to talk
* Reply to emails even just to thank the sender
* Consistency of small acts e.g. a regular text
* X in a text works wonders!!
* Talk

1. **Non-Judgemental**

* Don't pre- judge
* You can encourage others by not being judgemental
* Do not be judgemental

1. **Kindness**

* Random acts of kindness
* Finding a kind word to say to someone
* Kind words
* People's kindness

1. **Bible verses**

* Favourite bible verses
* Read Romans

1. **Love**

* Fellowship, love
* Learn other people's “love languages"
* Uplifted with love
* Share that love we have

1. **Prayer**

* Pray with someone for someone
* Answered prayer
* Others praying
* Pray for people and let them know you have prayed
* Don't know what to say? Pray with someone, trust Him, God will give you words

1. **Music/Song**

* Music and song
* Music/song

1. **Achievement**

* Achievement |(x2)

1. **Help/ Support**

* Be there for others
* Helping others
* Support in your wellbeing
* Going with people – so they can attend something they might be afraid to go to alone
* Offering practical help
* What we do, not what we say can have an impact

1. **Company**

* Making a cup of tea, sharing food together
* Meeting up sharing experiences together
* Share that love we have, share the care, share the time
* Having others around, being with anyone/ company and God
* Being surrounded by positivity

**Miscellaneous**

* Something to hold onto and carry you through tough times
* Knowing you're not alone is so helpful
* Building people up
* Building one another up, in whatever form
* Find out what people's gifts are and encourage them to use them
* Find out what they need not what you think they need
* People saying that they believe in you and your work
* Let people know you need help
* Little things
* Accepts you, warts and all
* Let people be authentic
* Having courage to say something
* Noticing
* Seeing potential
* Accept yourself then you can accept others
* Really meaning it when you say “How are you?”
* Showing people how appreciated they are
* Comfortable
* Finding the good in everyone
* Coming closer, gently
* Empathising
* Helping others look at the bright side, positive thoughts
* Avoiding pious platitudes
* Small things make you feel good
* Be observant of other people
* Trying to be brave with talking to people to find out how to help
* Show empathy
* Treating someone the way you would like to be treated
* Letting people know its ok to not be ok