

The Magic of Being Acknowledged

Posted on [December 9, 2009](#) by [SeattleCoach](#)

When was the last time someone paused, looked you in the eye and acknowledged your grace or courage, or your heart and attention? I.e. the character stuff that anchors your life and work. It's usually a moment you savor and remember.

Over the years, I've come to the conclusion that most of us can go days, weeks! without getting a word of acknowledgment. It's a big enough deal that in my coach training, I've made it one of "Six Essentials" that I like to see happen in every solid coaching conversation.

This is a great time of year to make a point of acknowledging the people in your life. When I acknowledge someone, I try to:

- 1. Slow down the pace. Say the person's name, catch their eye, create a moment of attention and focus on who the person IS and what you see in their character.*
- 2. Be specific. (They always know if I'm exaggerating or being grandiose.) Talk about what you've seen in their character that you respect and are grateful for—maybe how the person influences your own life.*
- 3. Then I take a breath to keep myself from rushing on. Leave enough space for the other person to look back at you and take in your words.*

As the December days speed on, make a list of a few people you could acknowledge. It will be a wonderful gift, and one they may not have received in a long time!

Have a great Christmas and Holiday Season.