

Bentley announces a new *Reach Out* initiative: *Reach Out to Express Appreciation*

As the University Ombudsperson, I am pleased to announce the third *Reach Out* initiative: ***Reach Out to Express Appreciation***.

It is my experience that many individuals greatly appreciate a complement on a job well done or on any action that resulted in helping someone. They feel appreciated and are motivated and empowered to do “more” the next time. The person expressing appreciation benefits just as much, possibly more.

It is also my experience that many of us want to give such compliments and express appreciation but somehow we get side tracked with our busy schedule and many times forget to do so.

As we start the new academic year, please allow me to ask you to consider the month of September and any other month or day, as a *Reach Out* time to Express Appreciation to a colleague. Such action may play a role in Bentley’s vision to continue to promote a positive environment.

Harvard Health Publishing in collaboration with the Harvard Medical School posted an article entitled [*Giving thanks can make you happier.*](#)

I am highlighting one statement below that indicates that expressing gratitude can help us better deal with adversity. I hope you will find the time to [read the article.](#)

“In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

I wish each one of you a great semester and continued success.

All my best,
Eliane Markoff
University Ombuds

The University Ombuds is a confidential, neutral and informal resource to enable us to resolve conflict and address challenging situations in an effective and respectful manner.