DLP CHEAT SHEET

RGP
Recreational
GYMNASTICS
Professionals

Effective praise is always specific!

- Ties back to a *particular* action, behaviour, attitude or accomplishment that you observed/noticed
- Gives *precise* information about what you liked, so there is empowerment to do/say it again
- It's more likely to be *believed*

THE FORMULA FOR EFFECTIVE PRAISE:

D.EFINE — the specific action that you saw/heard

L.ABEL — the character trait you want to encourage

P.RAISE — with sincerity

FOR EXAMPLE:

Wow, Maddy! I see you are sitting exactly on your dot with hands in your lap and eyes on me. You're a great listener! Keep that up!

DEFINE

Notice how precisely Maddy's actions are described. It's crystal clear *exactly* what she's doing that is great!

LABEL

Being a "good listener" is a character trait. We name the character traits to help Maddy to recognize them in herself. It boosts Maddy's self esteem and it makes her more likely to listen well in future situations, too - like the next rotation or next class... or even at home or school.

PRAISE

The key here is that it must be said with sincerity (you have to mean it)... or else it doesn't work. This could also be a high five or expressing gratitude.

DLP is an incredibly helpful tool for meaningful praise created by the brilliant Michael Brandwein