

## GOLD TEAM - COMPLIMENT WORKSHEET

Anyone can point out someone's mistakes. A good instructor is able to spot BOTH the strengths and weaknesses of a student, but is patient and waits for the best and most effective time to correct a student. It is NOT helpful to students to constantly point out what they are doing wrong. Instead it is more important to build up **RAPPORT**, or trust with the student. One way to do this is to notice and point out the STRENGTHS of a student.

As a GOLD Team member, your main job is to support the Main Instructor's directions, and be the link between Student and Instructor. You should never correct someone based on your personal opinion AKA your ego. Genuinely and honestly complimenting a student helps them to feel that their efforts are noticed and builds **RAPPORT**, or trust. The more **RAPPORT** you have with someone, the more they will be open to your corrections and suggestions in the future.

Complimenting is an art that will help you become a more effective instructor. It takes practice and refinement, just like your kung fu training. You should never be dishonest when complimenting someone. This classic rule holds true: if you can't say anything nice, then don't say anything at all.

Use this sheet to practice your compliments. Make up a situation, and then give an example of how you'd give a compliment in that situation.

### Example:

Situation: *Greg walks in and I notice he has a new haircut.*

Compliment: *Hey Greg! I like your hair.*

### Now try your own.

1. Situation:

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Compliment:

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2. Situation:

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Compliment:

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3. Situation:

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Compliment:

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