



# NASAE

# the connection

ISSUE THREE | AUGUST 2023

## What is Your Work Love Language?

You have probably heard of love languages as it relates to romantic relationships, but what if you knew your coworker's love language? Does love languages have a role in the workplace? Inspired by an article written by Caileen Kehayas Holden, let's explore this idea!

Gary Chapman outlined five general ways romantic partners experience, express, and prefer love in his book The Five Love Languages: How to Express Heartfelt Commitment to Your Mate.

There is a lot of merit to the idea of improving workplace relationships and the work environment by recognizing our colleagues' love languages. Taking this approach can create a culture of care, empathy, and perspective in the workplace.

The following outlines Caileen's take on the the love languages in the workplace and ideas for implementation.

### Words of Affirmation = Feedback + Mentorship

Concept: Feedback is what propels you to do better, and you are open to learning new ways to do things in order to strengthening your skill sets.

Implementation: Show appreciation to a colleague in a public setting; create a spot at the top of a team meeting where everyone shares a high; direct some words of affirmation at yourself by creating a smile file.

### Quality Time = Workplace Bonding

Concept: Take time for non-work-related one on one meetings with colleagues and encourage time off work.

Implementation: Take your team to lunch at the end of a big project; celebrate workplace anniversaries with a small celebration; encourage team members to take mental health days; create space to give attention to a specific coworker.

### Receiving Gifts = New Opportunities

Concept: While physical gifts are great reminders of someone caring for you, thinking of you, and bringing you a physical manifestation of that care, the best gifts can be new opportunities not offered to all employees.

Implementation: An actual gift to celebrate achievement; a celebratory day off; giving a higher-level opportunity to someone who has excelled recently; offering mentorship or advice to a new employee.

### Acts of Service = Support

Concept: Lifting your coworkers up with actions over words.

Implementation: A "just checking in" email with a coworker who is struggling; emailing a helpful resource or a tip that helps you streamline your work; helping a coworker who is clearly overworked when you have free space; bringing in donuts on a day when everyone is overworked.

### Physical Touch = Encouraging Touchpoints

Concept: Infuse encouragement touchpoints or compliments into the workweek.

Implementation: A well-timed fist bump or high-fives to celebrate a big win; making eye contact and smiling when doling out praise in front of others; words of appreciation when someone gets a promotion, a raise, or another milestone; regular one-on-one meetings to check in and speak about real-life things, outside of work.

Want to take the quiz?  
Scan the QR Code!

by downloading the resource, you are  
subscribing to the Career Contessa newsletter



## UPCOMING THE STATE STAFF CONNECTION SERIES SESSIONS

Sep 12

National Convention & Expo  
Registration & Suggested Topics

Oct 10

Know Before You Go:  
Prepping for National  
FFA Convention & Expo

3 pm ET

**REGISTER**  
for the  
**2023 NASAE**  
**Conference!!**

[https://nasae.ffa.org/  
Conference](https://nasae.ffa.org/Conference)



# NASAE.FFA.ORG

# MEMBER SPOTLIGHT

## ANDY VONCANON, NORTH CAROLINA

Andy was selected as the **2022 Outstanding State Staff**. Andy coordinates regional and summer professional development opportunities, coordinates regional and state career development events, conducts on-site teacher visits, and maintains curriculum, assessments and credentials. He created the first CTE performance-based measurement in North Carolina and assisted with piloting the program in his region of the state. As a champion of the SAE for All model, he has worked to increase the adoption by teachers. Andy was also instrumental in laying the groundwork for bringing additional colleges and universities that prepare agriculture teachers into the western part of North Carolina.



**WANT TO PARTICIPATE IN THE 2023 AWARDS PROGRAM?**

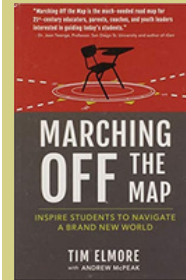
VISIT [HTTPS://NASAE.FFA.ORG/AWARDS](https://nasae.ffa.org/awards) FOR MORE INFORMATION.

APPLICATIONS ARE DUE OCTOBER 1.

# GOOD READS

## "MARCHING OFF THE MAP"

BY TIM ELMORE WITH ANDREW MCPEAK  
INSPIRE STUDENTS TO NAVIGATE A  
BRAND NEW WORLD



*Lading today's students often feels like being in a new country. The population in this new land has different attitudes and speaks a different language. Attention spans are six to eight seconds. They multi-task on five screens. They often possess multiple personas on social media platforms. Understanding and connecting with this generation is often times frustrating and draining.*

# STATE STAFF TOOLBOX

**FFA Brand Center** - A free resource that we can refer to for marketing, communications, campaigns, and fundraising initiatives. This resource is the blueprint for building a compelling and authentic brand. It contains examples and guidelines in the following areas:

- **Voice:** platform, getting the right tone, crafting content, writing tips, social media content tips
- **Identity:** anatomy, emblem, lettermark, architecture construction, digital/social, trademark policy
- **Visual Elements:** color, typography, photography, graphic elements, sample tactics

[brand.ffa.com](http://brand.ffa.com)

# REFLECTION

Detaching from the hustle and bustle of the world and connecting with nature can offer psychological and physiological benefits. It can also help you to slow down and reflect on the present moment. Consider the following:

- Find a place outside you don't typically go.
  - Sight: Look around and observe what you see. How does does the nature around you look today?
  - Sound: Pause and listen. Really listen. What sounds to you hear today that make you feel grounded and relaxed?
  - Smell: Take several deep, slow breaths. What are the scents of your surroundings?
  - Taste: If available, find something safe to eat. What tastes and textures help you appreciate food more?
  - Touch: Walk barefoot or brush your hand against nearby foliage. What textures help calm you?

# KNOWLEDGE & WISDOM



## ENCOURAGEMENT BOX

Sometimes you just need a little bit of encouragement to help you get through the tough days. An Encouragement box can help! The purpose of an Encouragement Box is to fill it with things to encourage yourself when you are feeling down. Take time to assemble an Encouragement Box.

Encouragement boxes can include:

- Positive Notes
- Thank you cards
- Inspiration Quotes
- Items received from students, staff, parents, colleagues, etc.
- Photos