



NAMAL UNIVERSITY MIANWALI

DEPARTMENT OF COMPUTER SCIENCE

Assignment

Session / Class: 2021-25

Semester: 8th

Course Code: SS-112

Course Title: Introduction to Psychology

Instructor's Name: Komal Zafar

Total Marks: 10

Title: *“The Power of Appreciation – Mike Robbins at TEDxBellevue”*

Speaker: Mike Robbins

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Summary:

In this talk, Mike Robbins shares how powerful appreciation can be in both our personal and professional lives. He talks about his own journey from dreaming of becoming a pro baseball player to becoming a motivational speaker. After a serious injury ended his sports career, he started thinking more deeply about what appreciation really means.

Robbins admits that during his baseball career, he was so focused on success that he didn't take time to enjoy or appreciate the experience. Only after losing it did he realize how much it meant. This moment pushed him to learn more about appreciation and how it affects relationships, teamwork, and performance at work.

One of the key ideas he shares is the difference between **recognition** and **appreciation**. Recognition is about achievements, like getting a promotion or hitting targets. Appreciation, on the other hand, is about valuing people just for who they are and what they bring to the table—even beyond their results.

He explains that when people feel truly appreciated, they're more motivated, happy, and connected to their teams. In fact, research shows that many employees leave their jobs not because of money, but because they don't feel valued.

Robbins encourages us to build appreciation into our everyday lives. Small things like saying thank you, accepting compliments, or creating a positive culture at work can make a big difference in how people feel and how teams work together.

Reflection

What stood out the most to me in Mike's talk was how appreciation can change lives. His story about his mom and the *Chicken Soup for the Soul* book he contributed to was touching. It really showed how expressing gratitude can be emotional and meaningful. His message made me realize how important it is to pause, notice the good around us, and show others that we value them.

About the Speaker

Mike Robbins is a speaker and author who focuses on appreciation, emotional intelligence, and teamwork. Before speaking to crowds around the world, he was a professional baseball player in the minor leagues with the Kansas City Royals. After an injury ended his career, he turned to motivational speaking and writing. He's the author of several books, including *Focus on the Good Stuff*, and works with big companies to help improve their culture and leadership.

Questions I'd Ask Mike Robbins

1. How do you balance appreciation with giving honest, constructive feedback?

2. What are some ways people in high-stress jobs, like healthcare or law enforcement, can practice appreciation daily?
3. How can we build a culture of appreciation when working remotely or online?

I'd also love to ask him more about how appreciation helps with mental health, and how we can use it to support people from different backgrounds and experiences.

Link: <https://www.youtube.com/watch?v=a3wX8nmvIZ0&t=16s>