



## WHAT IS IT?

This colleague-to-colleague recognition system is a way to show appreciation to fellow physicians and recognize their value, input, and effort in a fun way.

## WHO CAN GIVE AND RECEIVE A KUDO?

Anyone who is part of the Medical Staff Society at the EKRH Hospital. That means your physician colleagues in any department.

## WHERE CAN I REDEEM MINE?

Kudos have a max value of \$5 and are only redeemable at Max's Place in the EKRH (no cash value).

# HOW TO GIVE A KUDO

## STEP 1

Grab a kudo form from the physician lounge, or ask Candace for one!

## STEP 2

Fill it out and include a specific comment about the recipient. Then drop it in their mailbox.

If you prefer to give it anonymously that's ok too, however you won't qualify for the monthly draw for a \$25 gift card to a local restaurant.

## STEP 3

Drop it in that physician's personal mail box in the lounge

## STEP 4

Revel in the dopamine hit of gratitude and anticipation for your colleague reading the kudos you just gave!

The form is titled "Dear" followed by a blank line for the recipient's name. In the top right corner, there is a small "KUDOS PROJECT" logo with a coffee cup icon. Below the name line, it says "kudos to you for...". There are six rows of checkboxes, each with a colored background: 1. "going the extra mile" (pink), "having brains for weeks" (pink), 2. "your conspicuous kindness" (red), "hanging in there" (red), 3. "spewing sunshine" (orange), "multitasking with flair" (orange), 4. "sharing your zen" (yellow), "being an exceptional physician" (yellow). Below these is a section titled "when you..." with a large empty box for a comment. At the bottom, there is a yellow banner with the "max's PLACE EKRH" logo, the text "Redeem for a max value of \$5.00 no cash value", and fields for "date" and "sender".