



SPORT PSYCHOLOGIST

Token Rewards - Enhance Motivation Remember the Acronym SCORE:

S

Simplicity: Keep it simple

C

Consistency: Fairness is important, favouritism or inconsistency in applying the reward will reduce the effectiveness

O

Observation: Efforts must be noted

R

Reward: Needs no actual worth

E

Explanation: Define the improvement sought after and highlight the reward system being used