



## Navigating Interpersonal Communications & Emotions

# NICE Monthly Newsletter

**Practicing NICE fosters, a sense of camaraderie and shared purpose in the workplace.**

Emotions can easily spread through a team, impacting overall mood and performance. Positive emotions can boost morale, while negative emotions can create tension and decrease productivity. Understanding how to navigate (recognize, understand, and manage) your own emotions as well as being mindful of others' emotions can assist in developing a positive workplace culture.

September 2025: Culture Club: Creating a Positive Workplace

October 2025: Work Like A Pro: The NICE Way

November 2025: Emotions at Work: Use Them, Don't Lose Them

December 2025: Feel It. Name It. Frame It

January 2026: Empathy Builds Teams

February 2026: Random Acts of Kindness

March 2026: Mindful Moments Matter

April 2026: De-Escalation in Action

May 2026: Keep It Real – Open and Transparent Communication

June 2026: Teamwork Over Tension

