



Navigating Interpersonal Communications & Emotions

Be Kind

Kindness can mean different things to different people. The meaning is in how **YOU** choose to show it. Be it through empathy, acceptance, kind gestures, and thoughtfulness.

How can you show kindness today?

Daily Acts

- ❖ Smile
- ❖ Say “Thank You”
- ❖ Celebrate small wins and accomplishments
- ❖ Help before being asked
- ❖ Say “Good Morning”
- ❖ Make someone feel valued

Self-Reflection

- ❖ Do I speak to others with respect, even in stressful situations?
- ❖ Do I offer help when I see a colleague struggling?
- ❖ Do I apologize when I realize I’ve been unkind or insensitive?
- ❖ I stay calm and constructive when resolving workplace conflicts?

People don't leave bad jobs; they leave bad work environments.
Create a work environment where people are excited to be at.

Kindness may be hard to see or measure, but it greatly impact the team and workplace. Let’s be kind to one another!