

# PROMOTING KINDNESS AT WORK

There are so many moments in our everyday lives we can show kindness and the workplace is a great place to introduce it. Every interaction we have with another, provides an opportunity to lift their spirits and elevate their well-being. Each day choose something from the calendar below with your colleagues and cross it off. Post your random acts of kindness on social media to inspire others too.



Kindness impacts your organisation and our community in profound ways and plants the seeds that will make our world a more positive place for everyone. Helping others increases personal energy, decreases stress and improves feelings of self-worth.... in short **KINDNESS MATTERS!**