

## THE POWER OF ONE ...

One decision you make, one action - can have a life long lasting effect on your coworkers, your customers, your family, and your world.

1000 Acts of Kindness What if your work place could be ...

28% KINDER?

20% LESS HARASSMENT

23% HAPPIER?

LESS STRESS AND ANXIETY

### Do “nice guys” finish last?

*“When people come first in your organization, when you lead with caring, empathy and kindness, you create an environment where trust and teamwork are built and employees thrive.” Laurie*

**Set the** .....

**Hold your team** .....

..... **and** ..... **great**

**behavior.** A simple thank you can go far, and you can act creative how you deliver it.

### Kindness is not sweeping things under the carpet -That is poor leadership.

Building a high-performance team starts with building strong relationships – fueled by trust and kindness.

4 Questions to ask when you have a challenging conversation

- 1.
- 2.
- 3.
- 4.



**KINESTHETIC**



**NEIGHBOURLY**  
ways to create connections



**IMAGINATION**



**DELIBERATE**

## WHAT IF YOU COULD...

Measurably boost employee morale?

Increase productivity so things get done, faster and better?

Skyrocket customer satisfaction so sales go through the roof?

Lead teams effectively with less conflict and more happy faces?

Create an environment where everyone is more engaged, smiles and laughs more often?

Those may seem like lofty goals but they're achievable for people and organizations that embrace the Kindness Advantage. Kindness is doing something for others and expecting nothing in return. It's a simple concept – but transformative.

### KINDNESS IDEAS

1. Host a stressed co-worker a zoom coffee call – not to vent but to build up
2. Offer to help with one of the jobs that you know no one else wants to do
3. Send a random note of appreciation to a new person on your team every day
4. As a department find a fun way to celebrate another department – thank them for their contribution
5. Leave motivational notes in any correspondence sent out
6. Give someone an extra-long break – cover for it yourself
7. Thank every person you see with a mask on for keeping you and others safe
8. Remember others birthdays and important events, and celebrate them
9. Give anonymous gift cards to someone you know is going through a hard time or just because
10. Recognize a co-worker for their hard work on a project. Be specific about the impact.

**Ask us how to bring 1000 Acts of kindness into your organization! Kindness is Contagious!**

### 5 ACTS OF KINDNESS PER WEEK FOR 6 WEEKS – BOOSTS HAPPINESS

Week1: Co-workers

Week2: Customers

Week3: Strangers

Week4: Service Providers (i.e Health Care, Police, Fire, Mail, Teacher, EMS, Grocery etc...)

Week5: Neighbours

Week6: Family

### Tips

Do you want to boost your happiness? Pack one day with five acts of kindness. To maximize the effects, make all of the acts of kindness different and take time later to write down

1. What you did and 2. How you felt.

Sonja Lyubomirsky, Ph.D. Researcher from Stanford University states, "Kindness changes the way we see ourselves: we become pillars of generosity, interconnected to those around us. We start giving people the benefit of the doubt and feel less distressed when we see suffering, because we're doing our little part to help. Kindness also helps us make more friends and become the recipient of others' kindnesses."

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