

Tip sheet

Kindness

Kindness is a powerful force that can transform both our communities and workplaces. By incorporating simple acts of kindness into our daily lives, we can create a positive and supportive environment for everyone.



Tips for spreading kindness

Start with a smile

Begin your day with a warm smile. A simple smile can brighten someone's day and create a friendly atmosphere.

Random acts of kindness

Surprise your colleagues or neighbours with random acts of kindness, such as leaving them a thoughtful note or small gift.

Active listening

Take the time to actively listen to others. Show genuine interest in their thoughts and feelings. This creates a deeper sense of connection and understanding.

Encourage and appreciate

Recognise and appreciate the efforts and achievements of your colleagues. A little encouragement goes a long way in boosting morale and creating a positive work environment.

Volunteer together

Join community volunteer projects with your colleagues or friends. Working together for a common cause helps others and strengthens team bonds.

Practise empathy

Put yourself in others' shoes and strive to understand their perspectives. Empathy builds bridges and promotes a culture of compassion. Use inclusive language in both your personal life and workplace.

Share knowledge and skills

Offer to share your expertise or skills with others – whether it's assisting a colleague with a task or teaching a new skill to someone in your community.

Give something away

Consider giving unwanted items to those who might need them, rather than throwing them out or selling.

Be kind to yourself, too

You deserve kindness as much as anyone. Give yourself grace when mistakes are made, and don't treat yourself any worse than you would treat somebody else.

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