

The Hidden Power of Kindness – The Ripple Effect

Presentation by:

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Overview



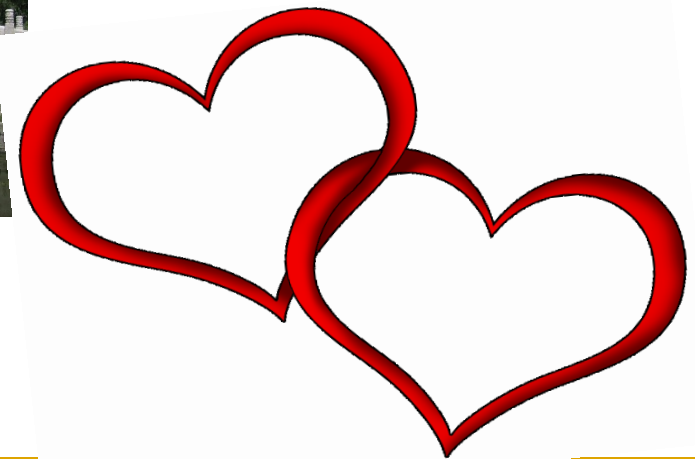
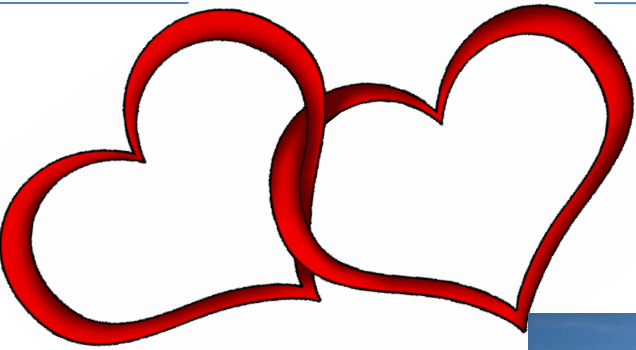
- 1.0. Stop and think about our interactions with co-workers, teams and customers
- 2.0. Impact of kindness
- 3.0. Ideas for starting a kindness revolution at work





I expect to pass
through this life but
once. If, therefore,
there can be any
kindness I can show,
or any good thing that
I can do to any fellow
being, let me do it now
as I shall not pass this
way again.
- William Penn

Seize The Moment



Acts of kindness create a heart to heart connection

1.0. Our Interactions



With our co-workers, team members and customers

Reflection.....



- i. Can you recall a time when you were kind to somebody?
- ii. Can you recall a time when somebody was kind to you?
- iii. What makes us withhold kindness from others?

What Makes Us Unkind ?



- i. Fear-based management practices
- ii. Low self esteem
- iii. Anger
- iv. Stress



What Makes Us Unkind ?



- v. Personal issues
- vi. Thought processes
- vii. Jealousy
- viii. Demands and pace of work



2.0. Impact of Kindness



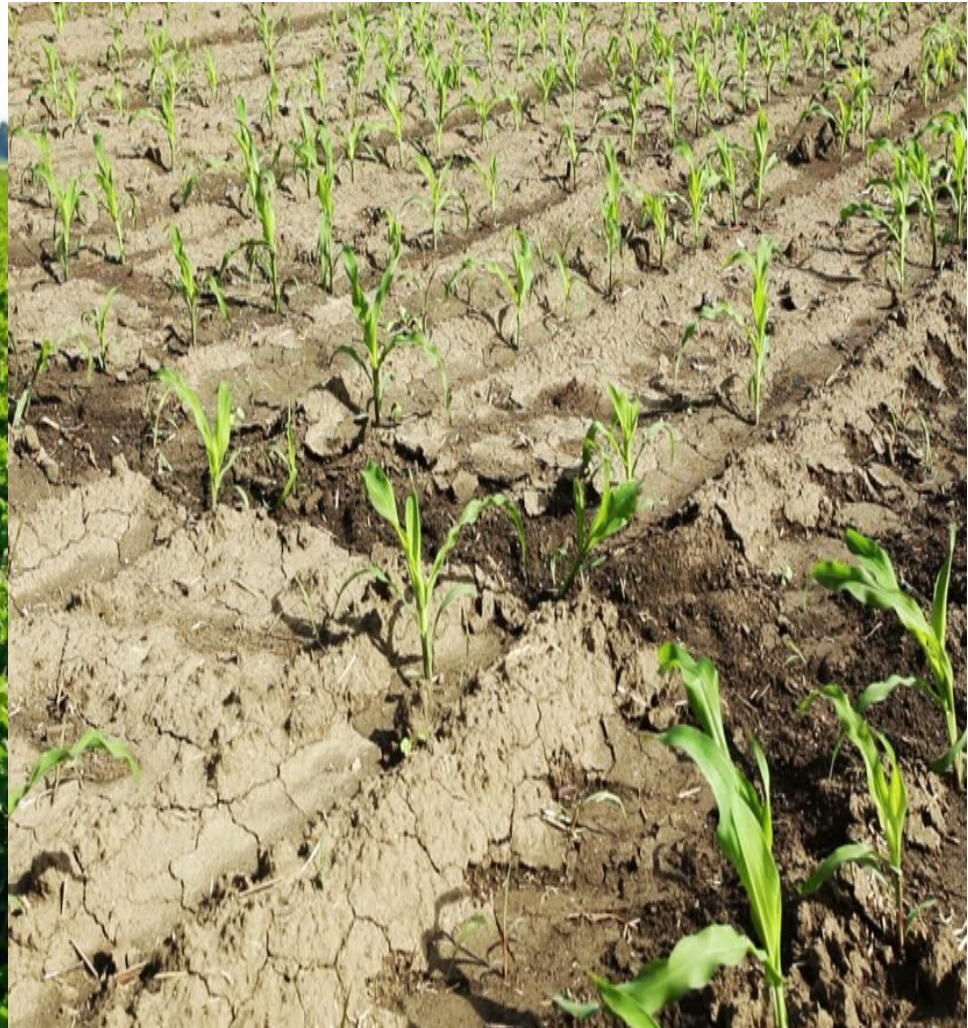
Fertilizers for the soil



- i. Gratitude
- ii. Compassion
- iii. Forgiveness
- iv. Love
- v. Care
- vi. Empathy



Kind of Organization



Ripple Effect



Perception of life

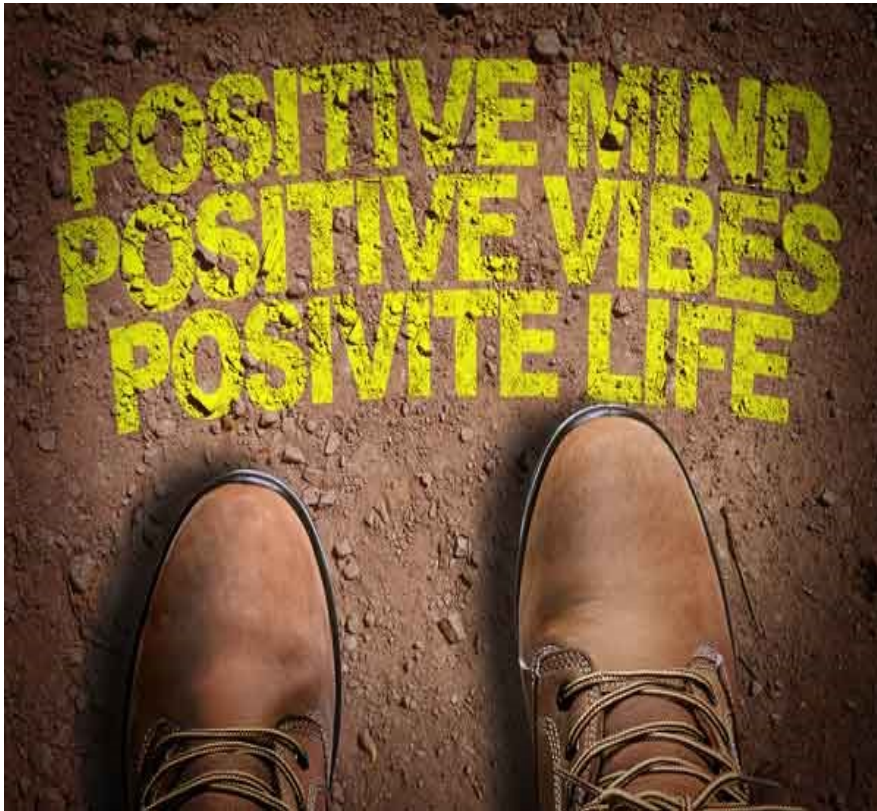
THE ART OF
GIVING



Ripple Effect



Universal Shift



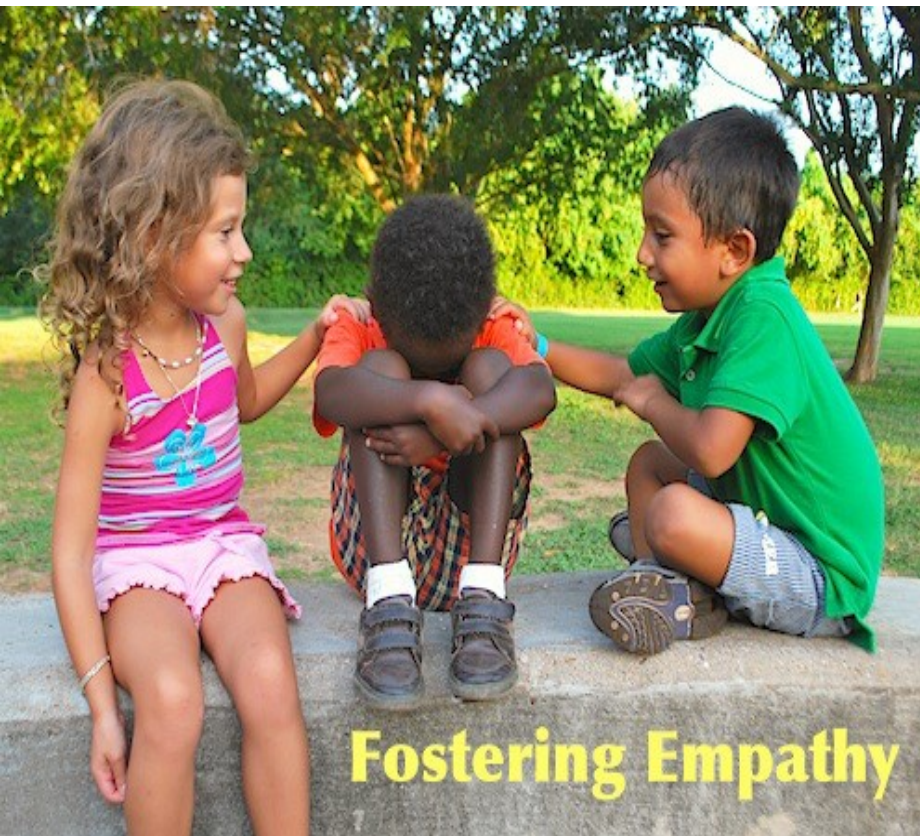
Positive Energy



Ripple Effect



Humanity's Evolution



3.0. Kindness Revolution



- i. Start at the top
- ii. Thank the people who never get thanked
- iii. Lead by example
- iv. End petty criticism
- v. Welcome new employees with open arms
- vi. Recognize one's strengths not weakness
- vii. Remember a duckling waddles before it flies
- viii. Be nice to others



Start it right away, either individually or as a team

Summary



Never underestimate the power of kindness. You never know how much happiness you can bring to someone's life.



Conclusion



At the end of the day people won't
remember what you said or did,
they will remember how you made
them feel.

— *Maya Angelou* —

AZ QUOTES

Interactive Session



Catherine Shimechero

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