

WORLD KINDNESS DAY

13th November 2019

Acts of Kindness

In the Work Place

**STAY
KIND**

staykind.org

HUMAN * KIND BE BOTH

World Kindness Day reminds us every November of what great opportunities we have to make a difference to someone's life. If each one of us, did just one act of kindness every day, that would equate to **9.1 Billion** acts of kindness a year (based on a population of 25 Million Australians), that's **25 million** acts for World Kindness Day. The possibilities are endless – together what a great country we can be.



Join our movement! Make a kindness pledge on our staykind.org website



To get you started we have 31 acts of kindness that you can do, why not start your own!

THE FACT THAT I CAN PLANT A SEED AND IT BECOMES A FLOWER, SHARE A BIT OF KNOWLEDGE AND IT BECOMES ANOTHER'S, SMILE AT SOMEONE AND RECEIVE A SMILE IN RETURN, ARE TO ME CONTINUAL SPIRITUAL EXERCISES.

Leo Buscaglia, 1924 - 1998

**SMILE AND
SAY 'HELLO'**

**KINDNESS DAY
AWARD - TO
SOMEONE WHO HAS
SHOWN GREAT
KINDNESS OR DONE
A GOOD DEED THAT
WAS INSPIRING**

**SEND OUT A KINDNESS
DAY EMAIL TO EVERYONE
IN THE COMPANY/ORGAN-
ISATION SHOWING YOUR
APPRECIATION FOR THEIR
HARD WORK**

**RAISE MONEY FOR
A LOCAL/YOUR
PREFERRED
CHARITY OR MAKE
A WORTHWHILE
DONATION**

**BECOME A
REGULAR VOLUNTEER
FOR A CAUSE YOU
CARE ABOUT**

**ORGANISE AN OFFICE
TREAT SUCH AS A
COMPANY BREAKFAST
OR LUNCH FOR YOUR
STAFF**

**OFFER KINDNESS
DAY DISCOUNTS,
EXTRAS OR
'FREEBIES' TO
YOUR CLIENTS**

**'WINTER WARMERS' DONATION
EVENT' ASK EVERYONE TO BRING
IN COATS, BLANKETS AND TOWELS
THEY DO NOT NEED ANYMORE AND
GIVE ALL THE DONATED 'WINTER
WARMERS' TO A HOMELESS OR
ANIMAL SHELTER CHARITY**

**STAY KIND TO
YOUR COLLEAGUES,
CUSTOMERS AND
SERVICE PROVIDERS**

**THANK A
COLLEAGUE**

**BE ENCOURAGING
AND CONSTRUCTIVE
WITH YOUR
CRITICISM**

**TAKE A
COLLEAGUE
OUT FOR A
COFFEE OR
LUNCH**

**SAY GOOD
MORNING TO
EVERYONE ON YOUR
WAY INTO WORK
AND GOODBYE ON
YOUR WAY HOME**

**CELEBRATE
SUCCESS OF
YOUR TEAM
OR PEERS**

**ASK SOMEONE
HOW THEY FEEL
AND LISTEN TO
THE ANSWER**

**INVOLVE YOUR COLLEAGUES, CUSTOMERS AND LOCAL
COMMUNITY IN YOUR ACTS OF KINDNESS.**

**GIVE
SOMEONE
ELSE A BREAK**

**ORGANISE
SOCIAL ACTIVITIES/
GAMES ON THE
LAST FRIDAY OF
THE MONTH**

**OFFER TO SHARE
THE WORKLOAD
WITH A TEAM
MEMBER**

**KINDNESS IS
CONTAGIOUS,
LEAD BY
EXAMPLE**

**HANDWRITE A
'THANK YOU'
NOTE - IT MEANS
THE WORLD**

**INTRODUCE A
COLLEAGUE TO A
CONTACT IN YOUR
NETWORK**

**TELL YOUR TEAM
AND YOUR BOSS
WHAT YOU
APPRECIATE
ABOUT THEM**

**INVITE A NEW
CO-WORKER TO
JOIN YOUR LUNCH
GROUP**

**MENTOR
SOMEONE
BY SHARING
SOMETHING YOU
LEARNED THE
HARD WAY**

**MAKE AN EFFORT
TO STAY KIND
TODAY IN
EVERYTHING THAT
YOU SAY OR DO**

**REMEMBER EVERY
PERSON IS GOING
THROUGH THEIR OWN
STRUGGLES**

**FIND A WAY
TODAY TO BE
THOUGHTFUL
AND KIND**

**TELL SOMEHOW
HOW THEY
HAVE HELPED
YOU GROW**

**MAKE SURE
EVERYONE
IN MEETINGS
FEELS
INCLUDED**

**LEAVE ONLY
KIND
COMMENTS
ON SOCIAL
MEDIA**



If you would like more information or are interested in
embedding Stay Kind into your organisation
our contact details are below.



staykind.org

Stay Kind Limited
ABN 61 161 682 962
PO BOX 213
Pyrmont NSW 2009



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