

RANDOM ACTS OF WORKPLACE KINDNESS

Random acts of workplace kindness are small things you do to surprise a colleague/employee. We all become happier when something nice happens to us. And positive surprises make us happier than things we know about in advance.

A small thoughtful gesture can be enormously effective, it shows the other person(s) that you care and it will strengthen your relationship.

We love the little thoughtful things that others do for us. But it works both ways ☺ Science shows that when performing acts of kindness, you will become happier yourself. And it can affect even more people... According to research, a single act of kindness can end up positively impacting a number of people's moods, mindsets, health and overall well-being - even if that act is as simple as a compliment.

Ideas:

- Bring someone a cup of coffee/tea/water, without them asking
- Decorate with flowers from your garden
- Give someone a compliment
- Place a piece of chocolate on someone’s desk/workstation
- Bring homemade cake for your team
- Give your team a coffee break
- Arrange that your team have lunch together
- Surprise your team with breakfast
- Celebrate an employee’s birthday together with the team
- Leave a small handwritten note for someone (maybe with a thank you)

Choose one day a week where you do 5 acts of workplace kindness for your employees. You don’t have to think big - many small actions are a lot more powerful than a few big ones.

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