

# GET ACTIVE

## Workplace Wellness

### PRACTICE

## Kindness

Everyone has the ability to make their workplace and the world kind and inclusive. Look for opportunities to practice kindness in your day-to-day life.

### SIMPLE TIPS FOR KINDNESS IN THE WORKPLACE

Lead by example. Pledge to be kind to everyone you encounter from vendors to clients to colleagues.

Focus on the strengths everybody brings to the table.

Compliment a work colleague for their excellence.

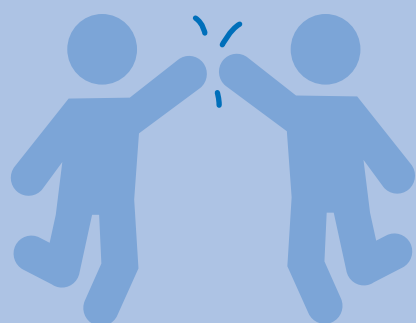


### MAKE YOUR WORKPLACE INCLUSIVE



Welcome ideas that are different from your own, and support fellow teammates.

Treat people in a way they wish to be treated rather than the way you wish to be treated.



### RANDOM ACTS OF KINDNESS



Pay for the drinks on the next table at a café.



Treat a friend to the movies for no reason.



Write notes of appreciation at least once a week.

YOUR LOGO HERE



Powered by  
**GREATER DES MOINES  
PARTNERSHIP**