

18 Ways to Cultivate Kindness at Work

1. *Compliment someone.*
2. *Surprise a co-worker even if it isn't their birthday.*
3. *Send a card to someone who has recently lost a pet.*
4. *Smile more often.*
5. *Be patient and give the benefit of the doubt.*
6. *Introduce two colleagues who need to be connected.*
7. *Tell a peer what they've taught you.*
8. *Start a meeting with a positive rant on someone.*
9. *Shout out to someone when they aren't expecting it.*
10. *Tell a colleague three things you couldn't do without them.*
11. *Create "gotcha" forms for clients to fill out when they witness employee kindness.*
12. *Plan volunteer service days to help build community with WFH employees.*
13. *Enthusiastically bring someone into the conversation.*
14. *Change the roll of toilet paper in a public restroom.*
15. *Send thank you notes to your team frequently.*
16. *Quietly take something off someone's plate.*
17. *Ask someone if they need help.*
18. *Listen intently.*