



The Kindness Connection

An excerpt from The Navigator's Compass, 101 Steps Toward Leadership Excellence

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Much has been written about the positive impact of kindness and while many studies point to related health benefits, the greater motivation for today's successful leader is that kindness is contagious. Few people are immune to the emotional impact of kindness and as a result, are often inspired to "pay it forward". Imagine for a moment the last time that someone was kind to you. Was it possible that you extended an act of kindness to someone else? More than likely you did and the resulting impact not only created a human connection but also made you feel good too.

I remember a dear mentor friend of mine who summed-up his motivation for being kind as simply, "it just feels nice to be kind". When we are kind to others it is nearly impossible not to feel the emotional warmth that kindness produces in ourselves and in others.

Being kind goes well beyond a new demand of leadership. It is by my estimation one of the great opportunities afforded to all leaders regardless of job title or number of direct reports. Not surprisingly, it is an opportunity afforded to everyone not just at work but outside of work too.

As we make our way through the ever increasing demands of our busy lives, let us be mindful of the countless opportunities we are given to discover the kindness connection.

1. Give the gift of non-judgmental listening to one person.
2. Choose to be fully present when speaking with a member of your team or family.
3. Say thank you two more times today than you did yesterday.
4. Tell someone that they are important to you.
5. Offer an honest compliment to a stranger, a friend or member of your team.

6. Send a thank you note to one person who has been kind to you.
7. Write a positive, affirming email to a member of your team or other co-worker.
8. Allow another driver the right of way at a stop sign or stop light on your way home.
9. Offer to help a friend in need – even a few minutes of your time can make a difference.
10. Acknowledge a complete stranger with a smile.

Source: http://workchoicesolutions.com/images/The_Kindness_Connection.pdf