



# 10 Top Tips: How to Introduce Kindness in your Workplace

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Associated with blog: [Business Strategy: Is there time for kindness?](#)

## Start today

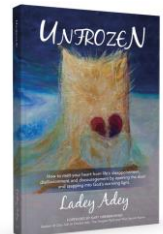
1. Give a word of encouragement to a member of staff or close colleague.
2. Think what you can do to be kind to your peers and set up a system to surprise them with kindness on a regular basis.
3. Wash up the dishes in the communal area without complaint or fanfare.
4. At the end of email, thank the person for their contribution and be specific in what it is that makes their contribution worthwhile to you.
5. Use your favourite social media platform to thank someone.
6. Ask a colleague is there anything you can do for them to be of further service and follow through.
7. Believe that the kindness factor is a strength for you to develop and pray for an increase in this gifting from Holy Spirit.
8. The next time you are tempted to gossip or critique someone's actions think of a strength they have and talk about that instead.
9. Arrive home early and cook a dinner for your family, get up a little earlier and have breakfast on the table or leave a kind note or card for your family to find. Giving your time is a precious gift and shows them kindness and how much you appreciate being with them.
10. Practice your kindness on a daily basis and remind Directors of its positive return to the business: enough for it to be added into Strategy documents and Vision and Value Statements.

*As you read this, may the favour of our Lord rest on you today and establish the work of your hands for you, your workplace and in your personal life. Amen*

(taken from Psalm 90:17)

To arrange a free 20 minute consultation contact Ladey on [ladey@ladeyadey.com](mailto:ladey@ladeyadey.com)

[Author of Unfrozen: How to melt your heart from life's disappointment, disillusionment and discouragement by opening the door and stepping into God's warming light.](#)



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