



**Member training:**

**Building a Culture of Kindness: Strategies for Promoting Positive Mental Health and Strong Relationships**

**November featured training**

**Building a Culture of Kindness: Strategies for Promoting Positive Mental Health and Strong Relationships.** This session explores the critical role of kindness in building strong relationships and promoting positive mental health. It will include strategies and practical ways to demonstrate kindness on a daily basis. Participants will delve into the motivations behind performing altruistic acts and examine the science behind gratitude by providing practical strategies for incorporating it into our daily routines. We will also discuss the benefits of giving and helping others for our own mental wellbeing, emphasising the importance of kindness as a key element of a healthy workplace. Through the combination of scientific insights and practical strategies, this session aims to empower participants to create a culture of kindness and gratitude, promoting positive mental health and strengthening relationships.

**Participants will:**

* Learn about the critical role of kindness in building strong relationships and promoting positive mental health
* Identify strategies and practical ways to demonstrate kindness on a daily basis
* Explore the motivations behind performing altruistic acts
* Discuss the science behind gratitude and practical strategies for incorporating it into our daily routines

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and available globally.

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| **Recorded sessions**  On demand  (no Q&A)  [**Watch here**](https://optum.webex.com/webappng/sites/optum/recording/5984882a2ad4103cbffb0050568197c6/playback)  **Short of time?**  Watch the 10-minute summary    [**here**](https://optum.webex.com/webappng/sites/optum/recording/b452f0672e1a103cbefb00505681e531/playback) | **13th November**  17:00-18:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000005fQcMQAU) | **14th November**  19:00-20:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000005fQcRQAU) | **16th November**  13:00-14:00 GMT  (with Q&A)  **[Register now](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000005fQVLQA2)** | **17th November**  07:00-08:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000005fQVQQA2) |

**Space is limited for the live training session options, so advance registration is required.**

## Next month’s training will focus on How to Simplify Your Life. Keep an eye out for the registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States or go to the nearest A&E. This programme is not a substitute for care provided by a doctor or other professional. Due to the potential for a conflict of interests, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. employer or health plan). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Employee Assistance Programme resources may vary based on contract or country regulatory requirements. Coverage exclusions and limitations may apply.

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