



**Member training:**

**Creating Kindness in the Workplace**

**November featured training**

**Creating Kindness in the Workplace**. 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 and practical strategies for incorporating it into our daily routines. We will also discuss the benefits of giving and of 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.

Learning Points

* Understand the 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 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 are available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/4987fab44e6d103d9d57f2ab7c6149cd/playback)**  **Short of time?**  Watch the  10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/97ad370550c5103db9d3eafd9d2d9f3f/playback)** | **14th November**  7-8 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000TUYzYAO) | **18th November**  1-2 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000TUabYAG) | **19th November**  7-8 AM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000TUcDYAW) | **19th November**  5-6 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000TUdpYAG) |

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

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