Optum

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. This 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 well-being, emphasizing 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 daily
- Explore the science behind gratitude and practical strategies for incorporating it into daily routines

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

Recorded sessions On demand (no Q&A) **Watch here** **Short on time?** Watch the 10-minute summary **here**	**13th November** 7AM-8AM Central Time (with Q&A) **Register now**	**16th November** 1PM-2PM Central Time (with Q&A) **Register now**	**24th November** 11AM-12PM Central Time (with Q&A) **Register now**	**25th November** 1AM-2AM Central Time (with Q&A) **Register now**

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

This program 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 program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, 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 program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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