



The Benefits of Kindness at Work

with Graham Allcott

Kindness starts with an Abundance Mindset

An abundance mindset is important for being kind. When we think negatively, we often feel like we're not enough. But by changing our mindset to one of abundance—believing that "there is enough" and "I am enough"—we can improve our thoughts. This positive change helps us be kinder to ourselves and shows others how to do the same. When we practice self-kindness, we create a more caring and compassionate atmosphere for everyone.

Top 3 Takeaways

Creating a Kind Workplace

Kinder workplaces tend to be more successful because they create an atmosphere of trust and safety. In these environments, people feel comfortable taking risks and sharing ideas. This positivity leads to fewer accidents, better problem-solving, and more teamwork among everyone.

Communicating with Kindness

Graham describes kindness as a mix of truth and grace. When we are communicating there's a difference between only stating a truth and sharing it in a kind way. It's important to think about being graceful when we communicate.

Example of Suspresso Coffee

Graham uses the example to explain the idea of being kind to oneself - it's truly where it all begins. Extending that kindness to others can have a positive impact, not only on those receiving it but also on those who witness such acts of kindness. Observing the goodwill of others can uplift everyone involved.

Learn More

Think

- 💡 How often do you show kindness to yourself? It all begins with practicing self-compassion from within.

Read

- ★ Graham's book - [KIND - The Quiet Power of Kindness at Work](#)



Act

- 📝 The next time you need to communicate at work, how can you include grace and empathy into your message?
- 📝 Have you ever anonymously paid for someone else's coffee? Such small acts of kindness can significantly benefit others.

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