

Connect Care

Workplace Kindness: It Goes A Long Way!

BY DR. ROGER HABER

Yes, kindness will go a long way—in the workplace (and everywhere else we move and live too!)

I recently read a blog entitled *Why Workplace Kindness Matters*. Normally we think about efficiency, production, and good management principles as important in our workplaces. But let's try and focus on something all of us can do, whether we are in an office, an assembly line, in a truck, in a senior living facility, or in a mechanic shop.

O. C. Tanner writes, "Performing acts of kindness in the workplace isn't just something that's nice to do—being kind in the workplace builds connection and contributes to a better organizational culture. And a strong company culture leads to higher employee engagement, increased job satisfaction, and even improved bottom line results."

May we encourage you to make an effort this month (and the rest of this year) to try a few random acts of kindness at your workplace?

Here are a few suggestions:

- ☐ **Write a letter of encouragement.** A positive comment to someone in writing can really make someone's day.
- ☐ **Surprise another team.** Bring some treats to a different team in your department. Surprise them in their morning meeting.
- ☐ **Introduce yourself to someone you don't know at work.** They'll be glad to make a new work friend.



**"KINDNESS IS
THE LANGUAGE
WHICH THE
DEAF CAN HEAR
AND THE BLIND
CAN SEE."**

MARK TWAIN



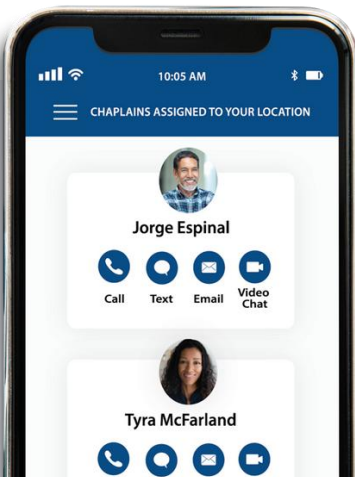
- ❑ **Give a shout out to an employee during a meeting.** Recognize them for something they have done or how they've gone the extra mile.
- ❑ **Recognize unsung heroes.** Try and affirm those who work behind the scenes or those who might be quieter and don't seek the spotlight.
- ❑ **Finish a task or project for a colleague.** If you have a co-worker who is struggling, lend a hand.
- ❑ **Take a new employee out to lunch or coffee.** Help them feel welcomed at work.
- ❑ **Tell your boss how great they are.** Leaders need recognition too and are often overlooked.

- ❑ **Give recognition to someone who recently disagreed with you.** It might feel awkward, but diversity in thought can actually make a project, team, and company even better.
- ❑ **Start a kindness wall.** It doesn't have to be fancy—it could be as simple as post-its or a whiteboard with words of appreciation.
- ❑ **Discuss random acts of kindness ideas** with your team. This could be a great team building activity.

I hope that you can find at least one suggestion here that you might put into practice—even today! Speak with your chaplain. Your chaplain would love to be a sounding board for you in helping implement one or more of these ideas. Your chaplain would also like to hear responses you have received from your kindness acts.

You can contact your chaplain 24/7 through our MyChap App. Maybe say a kind word to your chaplain as well.

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



**24/7 access to your
Chaplain Team
via MyChap App**

*free in your app store



How It Works



Enter your company's
Location ID



Select a Chaplain to call, text,
email, or video chat directly
from the app.



Browse

UIG Location	APP ID
UIG 1912 - Buncombe/Henderson	123593
UIG 2105 - Bibb – I-16 and I -75 Interchange	125246
UIG 2115 – Robeson	125291
UIG 2216 – Berkeley	126202
UIG 2218 – Orangeburg	126203
UIG 2304 - Lexington-US 21&US176 over I26	126858
UIG 2311 – York – SC 160 Interchange	128277
UIG 2313 – District 2 Package 3 Bridge Repairs	128279
UIG 2405 – Chatham – US 80	128284
UIG 2406 – Toombs – US 1 Swift Crk – Cal 010	128285
UIG 2409 - Union - Bridge Package 17	128289
UIG 2412 – Charleston Main Road Corridor Segment A	128938
UIG 2415 – Oconee Pickens	129560
UIG 2416 - Catawba & Iredell - NC 150	130492
UIG 2502 - Greenville - SC-418 over Huff Creek - Call 20	130400

UIG Location	APP ID
UIG 2503 - Lexington - CCR 3C (Management Staff)	130493
UIG 2504 - Anderson - SC-81 over Saluda River & S-4-143	130401
UIG 2505 - Sumter - RBOs S-152 over CSX RR & S-55	130495
UIG 2509 - Spartanburg - District 3 - Package 5	130496
UIG 2510 - Marion - US 76 over Catfish Branch	130497
UIG Corporate Office	123609
UIG Charlotte, 3800 Arco Corp Dr. NC	124373
United Demolition Office - Charleston	128716
UIG Special Operations Shop - Orangeburg	128717
UIG Rock Hill Office	129574
UIG Columbia Office	125579