

Global Well-Being

Well-Being Ambassador Toolkit

Wherever there is a human being, there is an opportunity for a kindness.”
— Lucius Annaeus Seneca

Kindness

- A simple act of **kindness** can make someone's day. And it can also enhance your own well-being, making it truly a win-win.
- Altruism is a common human behavior and core to our well-being. It makes us happier and healthier and helps us build stronger bonds with others.
- Practicing kindness is a good way to strengthen bonds within your team, reducing work-related stress and boosting creativity.
- In honor of **World Kindness Day** on November 13, we are promoting resources and ways for employees to practice kindness toward others and themselves.

What to Do

- **By November 5.** Send the attached well-being email to employees.
- **All month.** Promote the [Super 6 global challenge](#). Well-Being Ambassadors with the most engagement will win a prize!



Fact: *Kindness can improve your mood and overall well-being. Being kind releases hormones in the brain that give you feelings of satisfaction and happiness.*

Source: [RandomActsofKindness.org](https://www.randomactsofkindness.org)

3 ways to spread kindness at your location

1. Send a compliment to start a virtual [kindness chain](#).
2. [Give Kudos](#) to a colleague to celebrate and acknowledge accomplishments.
3. Encourage employees to celebrate World Kindness Day by completing one act of kindness per day for 7 days and sharing their story for a chance to [become a Super 6](#).

For additional resources to help employees focus on their well-being, please visit the [Well-Being Ambassador Resources Hub](#).