SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD
APRIL 2022

Introduce SevenDays® to your company. Workplace kindness (within the community, with colleagues and with oneself) has proven to elevate dopamine, produces oxytocin, and stimulates the action of the vegus nerve, which all help protect your heart and slow the effects of aging. These effects of kindness help keep your team members healthy, happy and more productive.

CORPORATE RESOURCES

DAY, THEME AND SUGGESTED ACTIVITIES

LOVE – Reach out to your clients/associates/team members
Offer appreciation by sending heartfelt messages, buying lunch, and recognizing positive impact. Show your sincere attention and care.

DISCOVER – Learn, engage and share
Learn something new about your clients and team members. Facilitate activities that help them get to know each other on a deeper level.

OTHERS – Engage with "the other" in your workplace
Sometimes we all feel like "the other", the different person in the room. Find "the other" in your workplace; through dialogue they can become a friend. We have more similarities than differences.

CONNECT – Your workplace to the community
As a company, select a local charity as a recipient of time, talent or treasure from your workplace. Consider volunteering together.

YOU – Taking care of YOU - mind, body and soul
Encourage your clients and team members to take care of themselves on YOU day. Acknowledge the importance of self-care to help revitalize and refresh your clients and team members.

GO – Go out into the world
Help your team be more active personally and in the world. Team building activities can be more successful when completed outside. Fresh air, sunshine and kindness work well together!

ONWARD – Find your Onward at the Kindness Walk
What is your onward, both personally and as a company? Engage with your staff: How has the SevenDays® week impacted your team this week? Register for our Kindness walk as a company. See our website for details.

WWW.GIVESEVENDAYS.ORG

#BeTheRipple
#GiveSevenDays

You and your team can register for all events on our website.