

SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD

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 vagus 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	DATE	THEME & EVENTS
	Tuesday, April 21, 2020	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.
	Wednesday, April 22, 2020	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.
	Thursday, April 23, 2020	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.
	Friday, April 24, 2020	CONNECT - Your workplace to the community As a company, select one of our locally chosen 14 charities as a recipient of time, talent or treasure from your workplace. Check our website for details on each charity selected for 2020. Make a plan to engage with them!
	Saturday, April 25, 2020	YOU - Taking Care of YOU - Mind, Body & Soul Encourage your clients and team members to take care of themselves on Saturday. SevenDays® is providing free activities at AdventHealth in South Overland Park. See our website for details.
	Sunday, April 26, 2020	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.
	Monday, April 27, 2020	GO - Take it outside Challenge your team to a walk or run. Team building activities can be more successful when completed outside. Encourage your team to be active on their own or with family/friends.

WWW.GIVESEVENDAYS.ORG

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

#BeTheRipple
#GiveSevenDays