

SevenDays®

MAKE A RIPPLE, CHANGE THE WORLD APRIL 2021

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, 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 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 by SevenDays. Make a plan to engage with them!



YOU - Taking Care of YOU - Mind, Body & 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 - 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.



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

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

#BeTheRipple
#GiveSevenDays