

Mindfulness Monday Message #56 – 19 June 2017

One of the attributes that goes hand in hand with Mindfulness in the workplace is compassion. Asking more and more of employees in a hierarchical, non-collaborative environment does not enhance productivity. In fact, quite the opposite happens.

A compassionate workplace acknowledges stress and encourages its employees. It invites regular socialising. A compassionate workplace supports individual employees with simple gestures of kindness during difficult times.

Little things make a big difference in a workplace. Simple acts of greeting, asking about family and weekends, and making a work mate a cup of coffee, all help to develop from the ground up. Kindness from the top down is as important.

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