The Caring Worker

SKILLS & STRENGTHS

- Compassionate
- Willing to go the extra mile
- Supportive
- Notices when others are struggling
- Listening ear
- Empathetic

VALUES & BELIEFS

- A safe space to talk out issues
- Time to consider all options when making pivotal decisions
- Acceptance within the group
- Trustworthy co-workers
- Relationship within the team

CARING IN THE WORKPLACE

SEE

- Look for ways to concretely map out your day

HEAR

- Listen to your body when you show signs of overextending yourself

DISCUSS

- Invite others to share their talents when working on a project

DO

- Set clear boundaries with your colleagues

ADJUST

- Ask for help when you need it

www.randomactsofkindness.org/kindness-at-work-assessment