



**Providence
Health Care**

How you want to be treated.

The Power of Kindness

Session Description

Kindness is a powerful resource that we all have the ability to draw upon at any time. Unlike other resources that we depend on, however, the power of kindness lies in the fact that being kind doesn't cause a deficit when practiced. It results only in a positive return for yourself and others involved. Throughout this one-hour session, participants will learn more about the importance of kindness along with its many benefits for oneself, others, our relationships and our environments, and will explore ways to be kind in the workplace and beyond.

Registration link:

Link: <https://forms.gle/PVgipYbqeEXGDoZYA> You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



February 26, 2025
12 pm - 1 pm

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Questions? Email wellness@providencehealth.bc.ca