

DIGNITY at Work

Building Mindfulness

Oftentimes, people are unaware of how their words, actions and behavior may be interpreted by others. Unintentional slights, snubs or insults could leave others feeling judged, misunderstood and disrespected. Rather, subtle acts of kindness foster a workplace where everyone feels welcomed and valued.

Instead of this...

Avoiding the use of someone's name for fear of mispronouncing it



Try doing this...

Politely ask how to pronounce a name you are unfamiliar with

Ignoring the input of others



Be an active listener. Ask questions and encourage others to offer their input

Displaying a lack of interest in special occasions that are important to others



Acknowledging those accomplishments, holidays and milestones

Diminishing experiences and opinions expressed by others



Invite others to join in the conversation by expressing their opinions and expertise

Avoiding eye contact or looking harshly towards others



Use friendly facial expressions and gestures

As we persist in progressing toward a culture of Dignity through action, behavior, and conversation, we invite you to click [HERE](#) to learn more about Building Mindfulness

