

# Kindness Matters

## Taking action for change

We all share this world as micro and macro societies. What we do impacts the lives of others on a daily basis. How amazing would it be to have kindness be a value that we all share? In this session, we will talk about how to create real culture change where kindness is held up as a celebrated value in all of our communities. We will explore kindness not only as a value but as an action. We will look at how we all benefit from kindness from a bio-psycho-social perspective. We will look at actionable ways we can implement kindness as a value in our teams, groups and families. We will find new ways to be the change we want to see in this world by making kindness the new norm.

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## Session Outline

- Redefining Kindness
- Kindness and biology
- Fighting the enemies of kindness
- What we say and how we do
- Kindness at work
- Kindness as families
- Developing healthy habits for a lifetime

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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.