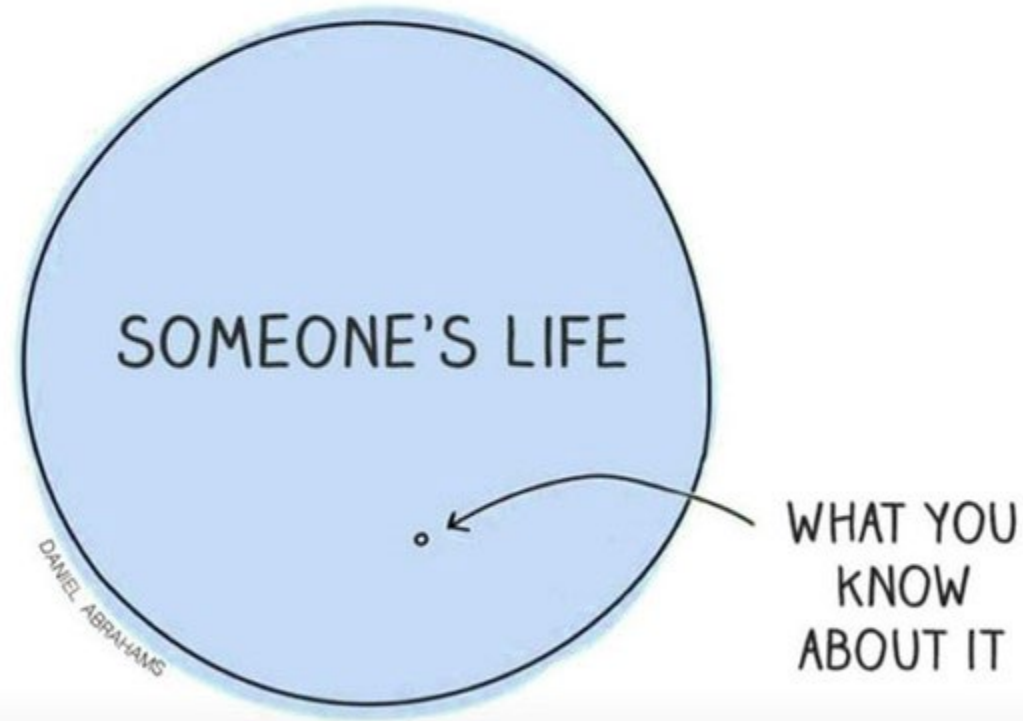
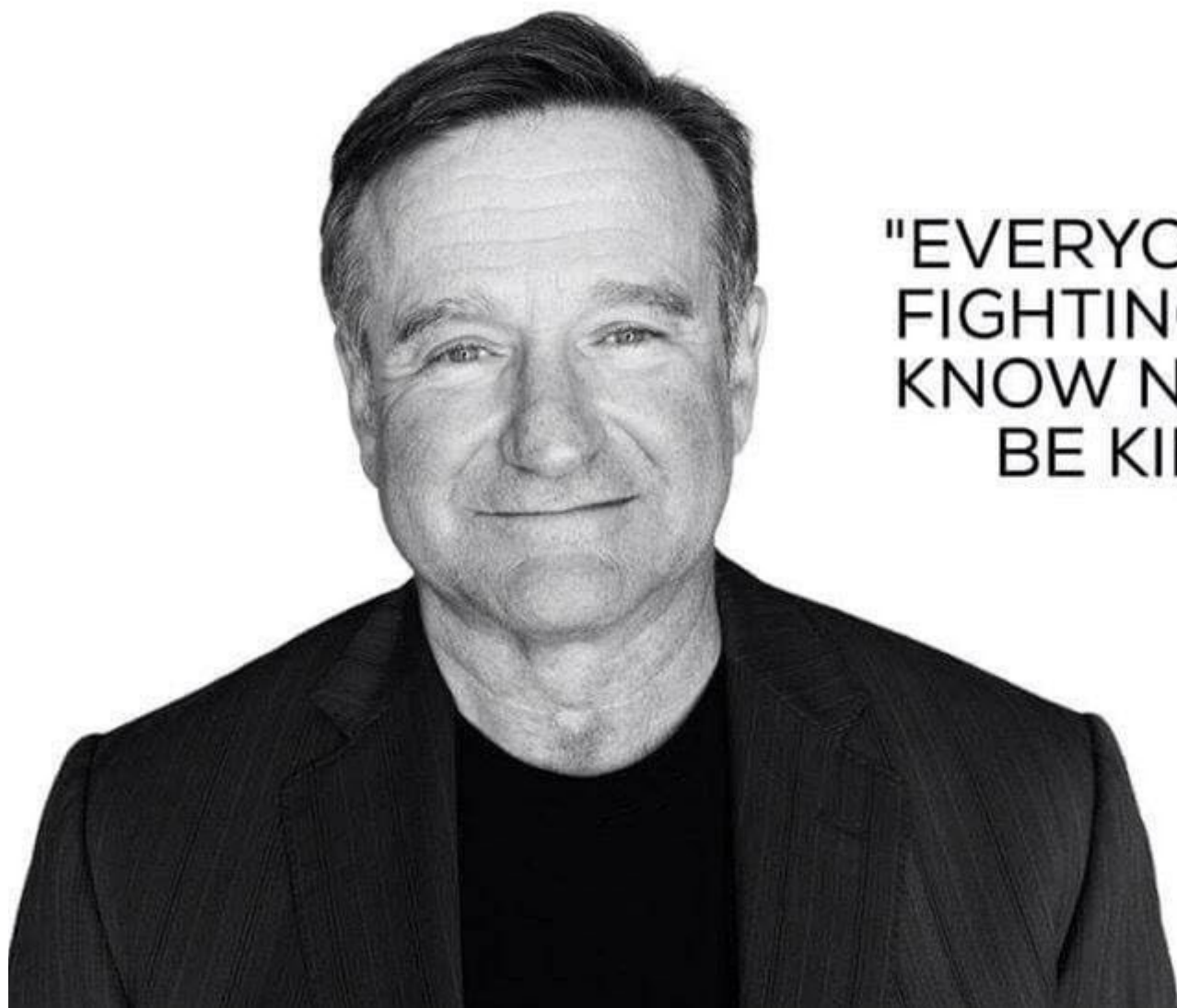


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# WHY YOU SHOULD BE KIND TO PEOPLE





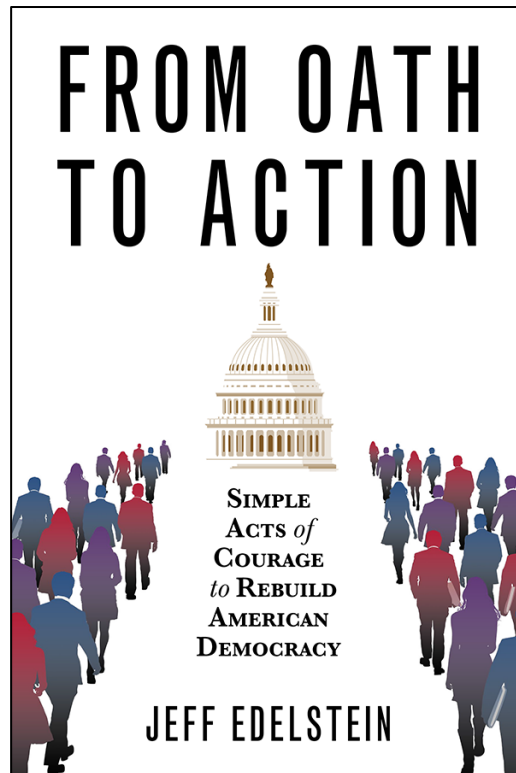
"EVERYONE YOU MEET IS  
FIGHTING A BATTLE YOU  
KNOW NOTHING ABOUT.  
BE KIND. ALWAYS."

- Robin Williams

**JEFF EDELSTEIN**

**Public Policy Mediator**

**Founder of Acts of Kindness Maine**



National Immigration Policy

US/Mexico Border Mediation

Congressional mediation

Maine State Building Code

Portland-Montreal Oil Pipeline

U.S. Coastal Management

Yellowstone Ecosystem Natural Gas Drilling

Hazardous Waste NYC

# Acts of Kindness Maine

## aokmaine.org

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[Read our 2023/2024 First Year Report!](#)

AOK Maine is available to provide  
*Kindness in the Workplace* workshops  
in 2024!

Subscribe to our newsletter [here](#).

### Upcoming Courses

Radical Kindness, Portland, second  
Thursday of each month, September



# What Does AOK Maine Do?

## Currently:

- Adult Education Courses
- Community Kindness Committees
- Workplace Kindness Programs
- Keynote Talks
- Workshops
- Kindness in Higher Education



## Radical Kindness – The Superpower That Can Change Your Life (and the World)

\$10

with Jeff Edelstein

Kindness is a superpower that every one of us has. We will explore how “intentional acts of kindness” can transform our friendships, relationships, families, workplaces, schools, and politics. We’ll look at the different forms that kindness can take and share our personal experiences with kindness. We’ll explore the creation of our own “personal kindness practices” as well as collective acts of community kindness that are fun, creative, and meaningful. Students will have the chance to experiment with their kindness practices between sessions. We’ll discuss ways to support each other in rising to our kindest selves, including introduction to a wide variety of inspiring readings, films, and talks. Fall dates: 10/19, 11/2, 11/16. Winter dates: 1/11, 1/25, 2/8.

OCT  
19

### Session 1: Oct 19 - Nov 16th, 2023

Thu for 3 weeks from 6:00 - 8:00 pm

✓ Will run

Register

JAN  
11

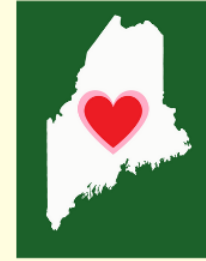
### Session 2: Jan 11 - Feb 8th, 2024

Thu for 3 weeks from 6:00 - 8:00 pm

✓ Will run

Register

# Kindness FOR THE HOLIDAYS



The holiday season is a time to cultivate and celebrate kindness in our lives and communities. This is a season of contrasts: fraught for many with family tensions, loneliness, religious tensions, and rampant commercialism, yet also a time for gratitude, atonement, renewal, peace and joy. In this workshop, we will share our struggles and aspirations for the season and explore the ways that our various faith and spiritual traditions - and our personal values - inform the giving and receiving of kindness. Participants will be guided in creating kindness-based intentions and practices for the season (and beyond) through discussion, exercises, and personal reflection on our relationships with particular facets of kindness, such as generosity, forgiveness, making amends, reconciliation, welcoming the stranger, and more.

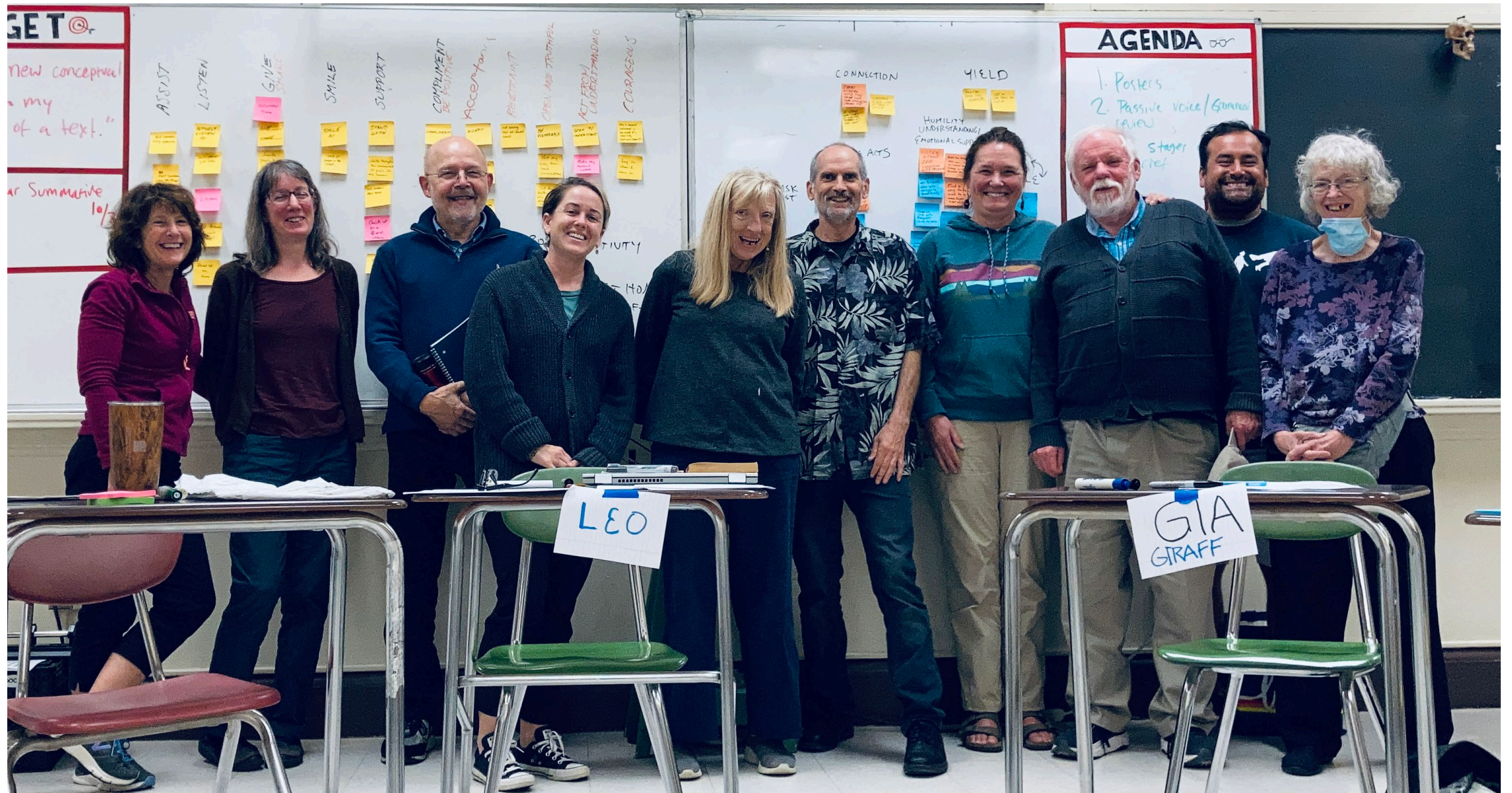


PORTLAND NEW CHURCH  
NOVEMBER 11, 2023,  
10-12:00 NOON  
REGISTRATION REQUIRED  
PAY WHAT YOU WILL: \$15, \$25, \$50

Jeff Edelstein is the founder and Executive Director of Acts of Kindness Maine, a non-profit helping individuals, organizations, and communities uncover and cultivate their innate kindness. Jeff has worked for nearly thirty years as a professional mediator helping resolve conflict and (re)build relationships, from individuals and local communities to Congress. Jeff believes that kindness is our world's common, collective and most courageous superpower. Jeff believes that kindness is the world's most courageous (and contagious!) superpower.



<https://www.aokmaine.org>  
<https://www.jeffedelstein.com>





# What WILL AOK Maine Do?

## Future:

- Monthly Act of Kindness
- Local and Statewide Annual Kindness Awards
- Compassionate Leadership Training
- Statewide Kindness Conference
- Kindness in K - 12
- Kindness in Public Policy
- Kindness Church

**HOW DO WE LEARN KINDNESS?**





**PRESENCE**

**SPEECH**

**ACTION**



Be Present



Be Yourself

***PRESENCE***

Notice and  
Appreciate

Withhold  
Judgment



# ***SPEECH***



**Ask Questions**

**Speak Truth**

**Listen**

**Forgive**

**Apologize**



# ***ACTION***



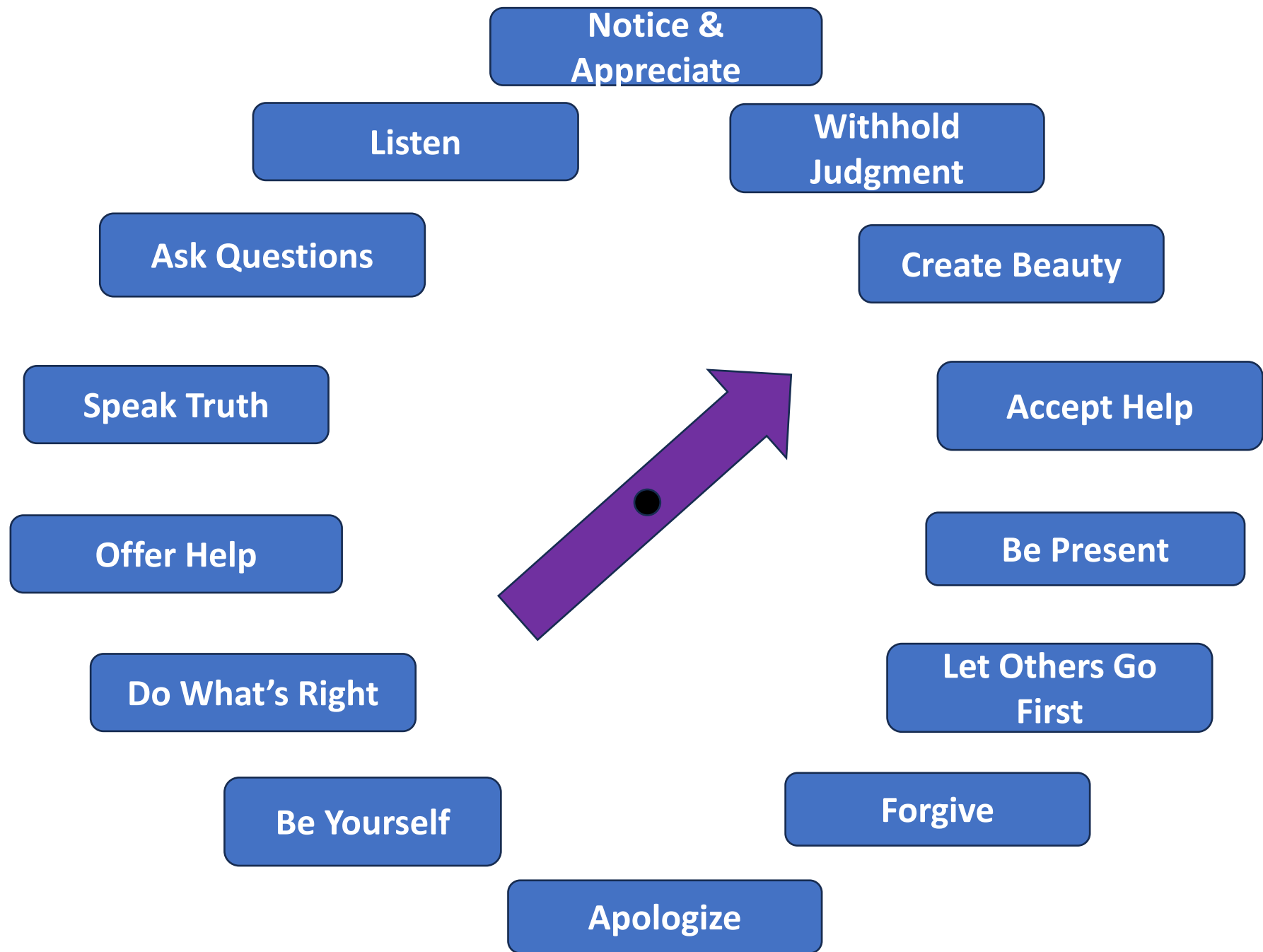
**Offer Help**

**Do What's  
Right**

**Be Generous**

**Let Others Go  
First**

**Create Beauty**



	HOW WELL DO I SHOW KINDNESS TOWARDS:				
	FAMILY?	FRIENDS?	COWORKERS?	STRANGERS?	SELF?
LETTING OTHERS GO FIRST					
BEING HONEST					
BEING MYSELF					
NOTICING & APPRECIATING					
ASKING/ CURIOSITY					
LISTENING					

# **KINDNESS DEEP DIVE**

- Being Nice versus Being Kind
- Platinum Rule versus the Golden Rule
- Saying No Kindly (Kind Boundaries)
- Psychological Validation vs. Invalidation
- Non-Violent Communication
- Drama Triangle

- What does that mean?
- Tell me more?
- How are you really doing?

[Give Now](#)



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**THE UCLA BEDARI KINDNESS INSTITUTE IS A NEW INTERDISCIPLINARY ORGANIZATION DEDICATED TO THE RESEARCH, EDUCATION, AND PRACTICE OF KINDNESS, WITH THE GOAL OF EMPOWERING CITIZENS AND LEADERS TO INVEST IN BUILDING MORE HUMANE SOCIETIES.**

The mission of the UCLA Bedari Kindness Institute is somewhat unique in that our goal is two-fold – we’re committed not only to engage in best-in-class research on kindness, but to strategically turn that learning into real-world practices through education and dynamic local, national and global partnerships. Said more simply, we don’t just want people to learn about kindness, we want people to DO kindness.



Center for  
Contemplative Science and  
Compassion-Based Ethics

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# KINDNESS INITIATIVE

USD Sanford School of Medicine integrates "kindness" into education, culture and strategy, recognizing it as a crucial element in healing and happiness.

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**Stanford**  
MEDICINE

THE CENTER FOR COMPASSION AND  
ALTRUISM RESEARCH AND EDUCATION

## UPCOMING PROGRAMS



8-Week Compassion Course  
(Wednesdays)

June 25, 2025

[Event Details >>](#)



## 8-WEEK COMPASSION COURSE

**Summer session**  
**starts June 23rd**

Mondays, 4 pm PT or  
Wednesdays, 10 am PT



REGISTRATION OPEN NOW

[LEARN MORE](#)



**Stanford**  
MEDICINE

THE CENTER FOR COMPASSION AND  
ALTRUISM RESEARCH AND EDUCATION

## Promoting Compassion in Israeli Healthcare: From ACT at Stanford to Systemic Change

[The Center for Compassion and Altruism Research and Education](#) > [CCARE](#) > Promoting Compassion in Israeli Healthcare: From ACT at Stanford to Systemic Change

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Written By Dikla Hertzog-Twig

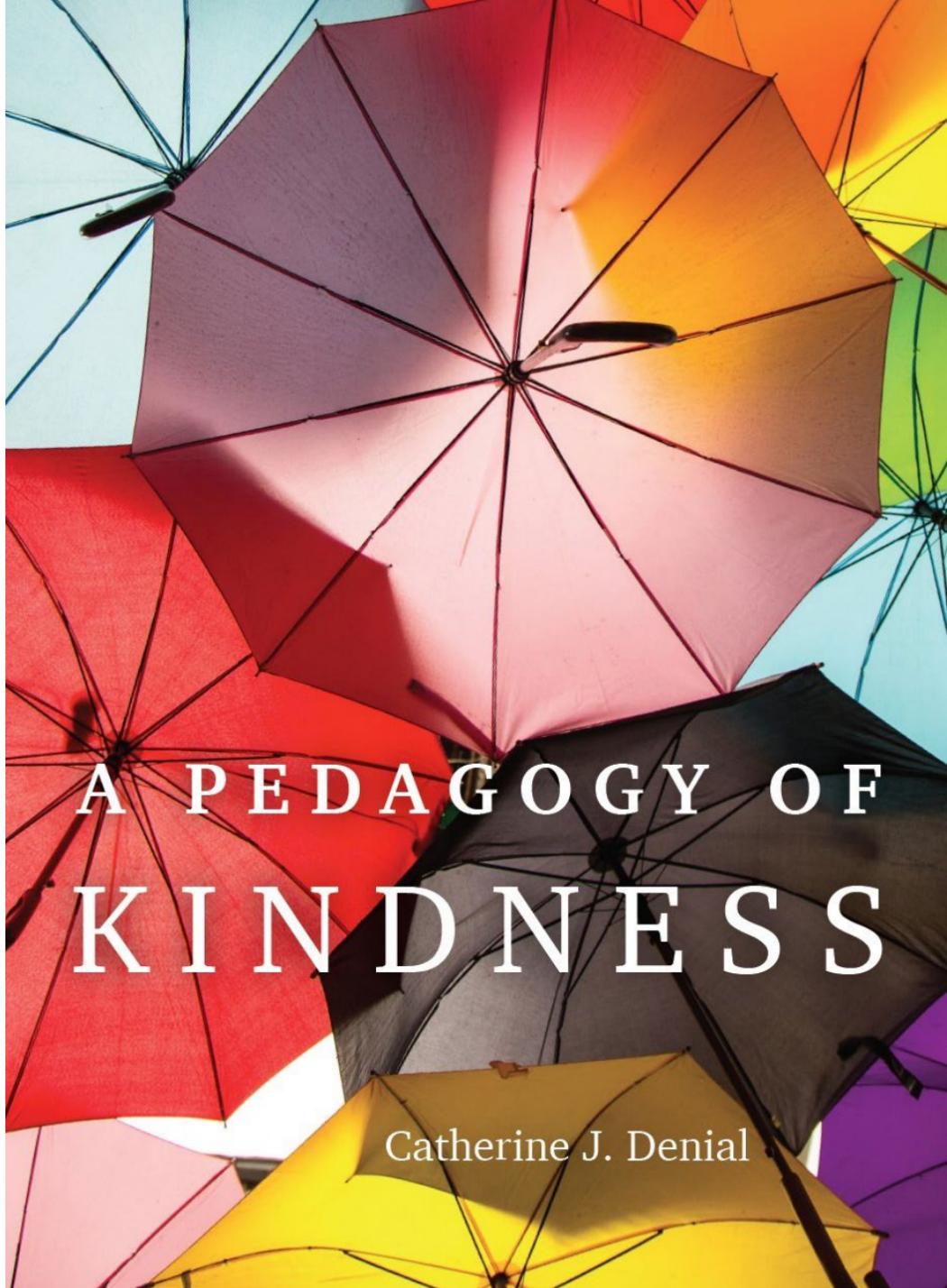
April 22, 2025 | CCARE, Collaborators

MUHAMMAD ALI  
**INDEX**   
TRACKING COMPASSION IN AMERICA

# **THE 2025 COMPASSION REPORT**



Cate Denial is the Bright Distinguished  
Professor of American History at Knox  
College in Galesburg, Illinois.



A PEDAGOGY OF  
KINDNESS

Catherine J. Denial



# KINDNESS IN THE WORKPLACE

Understanding Mental Health Resource Availability  
and Preferences for Young Workers



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Messaging



Notifications



Me



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# Is Kindness a Core Leadership Competency



**Abi Chamberlain**

Aligning business strategy and process to pragmatic change.

21 articles

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April 5, 2023



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Comment



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12 · 3 comments



Messaging

15 Mar 2022

## The future of leadership is kindness



Carina Parisella [in](#) [tw](#)  
Innovation & Diversity Editor, bluenotes

Listen-up companies big and small: move over command and control, there's a new leadership style in town.



Prime Minister of New Zealand Rt Hon Jacinda Ardern Source: Ardern's Facebook

Serial entrepreneur [Gary Vaynerchuk](#) consistently talks about the power of kindness in business. He believes soft skills matter more than you think.

*"We've placed over time so much emphasis on notions of assertiveness and strength that we have assumed it means you can't have those other qualities of*

*"We've placed over time so much emphasis on notions of assertiveness and strength that we have assumed it means you can't have those other qualities of kindness and empathy."*

*Jacinda Ardern, Prime Minister of New Zealand*

*“Too often, we talk about diversity, equity and inclusion in terms of what we shouldn’t be doing, but to understand why some actions might actually harm another person, we need compassion.”*

A photograph showing the back of two people's heads as they look out over a body of water towards a sunset. The sky is a mix of orange, yellow, and blue, and the water is calm. The people are wearing dark clothing.

**Why diversity, equity and inclusion need compassion at their core**



 **Book a Complimentary**

*For patients outside of the Bay Area*

**NEW VISITORS ▾ RESOUR**

[Home](#) > [The Stone Clinic Blog by Kevin R. Stone, MD](#)

## Kindness / Competency

Tips and Advice

October 07th, 2015

*Successful surgeries, and probably most complex team interactions, are determined in part by where the collaborators live on the Kindness/Competency Curve. Extremely competent individuals who are also always extremely kind are as rare as unicorns. They are the role models we strive to be, when we think about it. The problem is, we don't think about it often enough. We perform with dexterity, but not with enough kindness; or with kindness, but without studying or working hard enough to perfect our skills.*

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# KINDNESS IN THE WORKPLACE

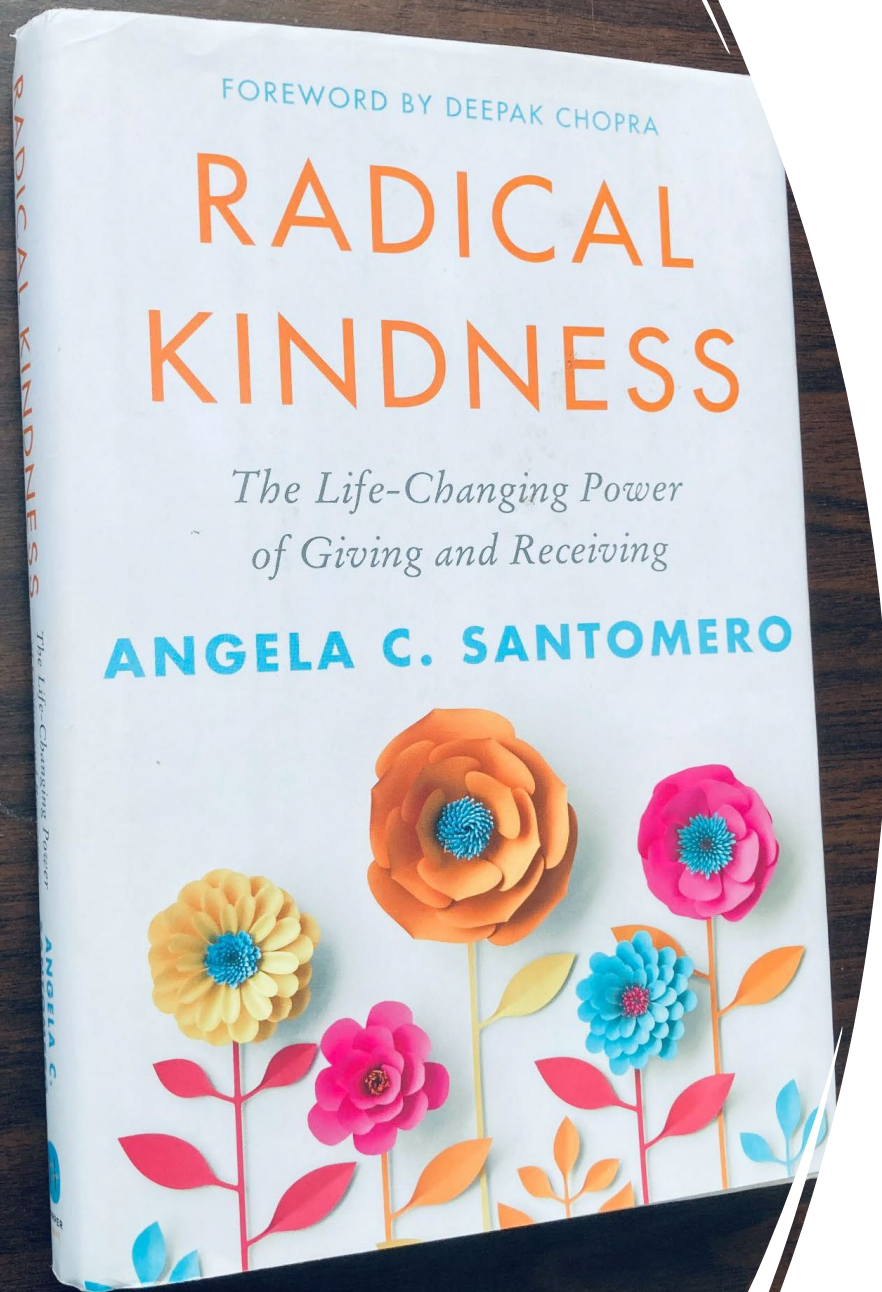
## SIMPLE STEPS

- Form a kindness team.
- Have thank-you cards always available.
- Create a kindness (suggestion) board.
- Start meetings with kindness acknowledgment.
- Kindness meetups.
- Weekly Act of Kindness
- And much more!

	Noticing and Appreciating	Generosity	Authenticity	Doing What's Right	Asking & Listening	Presence	Non- Judgment
Recruiting							
Onboarding							
Retention							
Training & Leadership Dev.							
Benefits Management							
DEIB							
Grievance Processing							
Regulatory Compliance							
Workplace Culture							



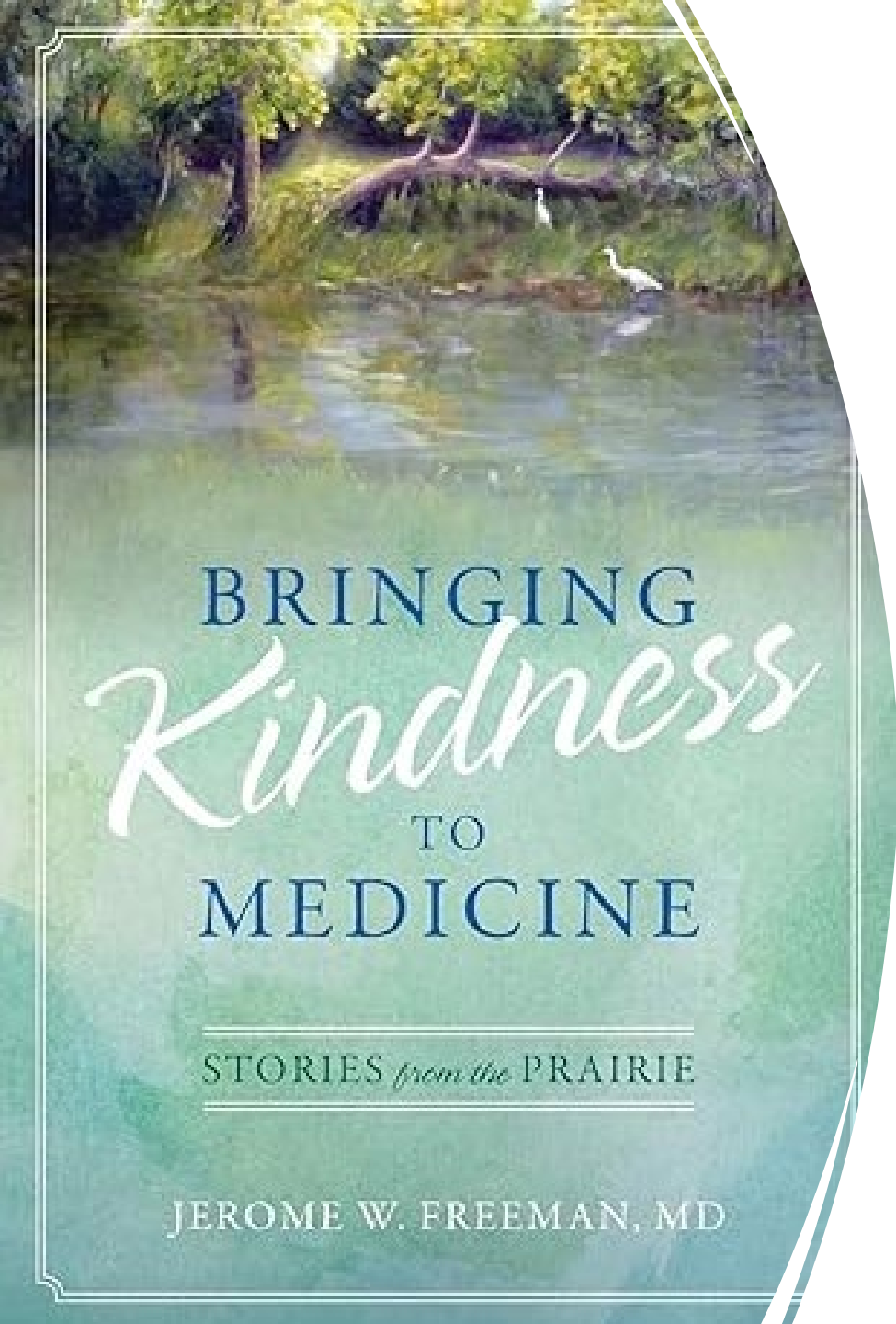
- The Power of Kindness
- The Unexpected Benefits of Leading a Compassionate Life
- Piero Ferrucci



## RADICAL KINDNESS

The Life-Changing Power of Giving and Receiving

Angela C. Santomero



## BRINGING KINDNESS TO MEDICINE

Stories from the Prairie

Jerome W. Freeman, M.D.

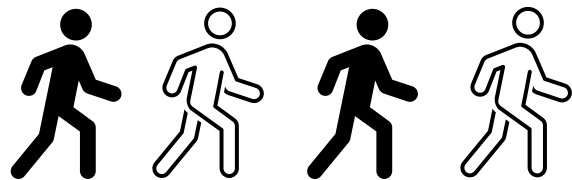
# KINDNESS IN YOUR LIFE

## SIMPLE STEPS

- Walkabout & Talkabout
- Take Photos to Make People Smile
- Text Beauty
- Plant Flowers
- Be Around Kids (of any age!)
- Move!
- Be Outdoors

---

# WALKABOUT & TALKABOUT





---

**TAKE PHOTOS &  
SPREAD SMILES**



# TEXT BUDDIES FOR BEAUTY

---

PLANT LOTS OF FLOWERS





- **Who are you thankful for?**
- **Who annoys you?**
- **Who is struggling?**
- **Whose goodness goes unnoticed?**



THANK  
YOU



thank  
you  
so  
much



Thank  
you



THANK  
YOU



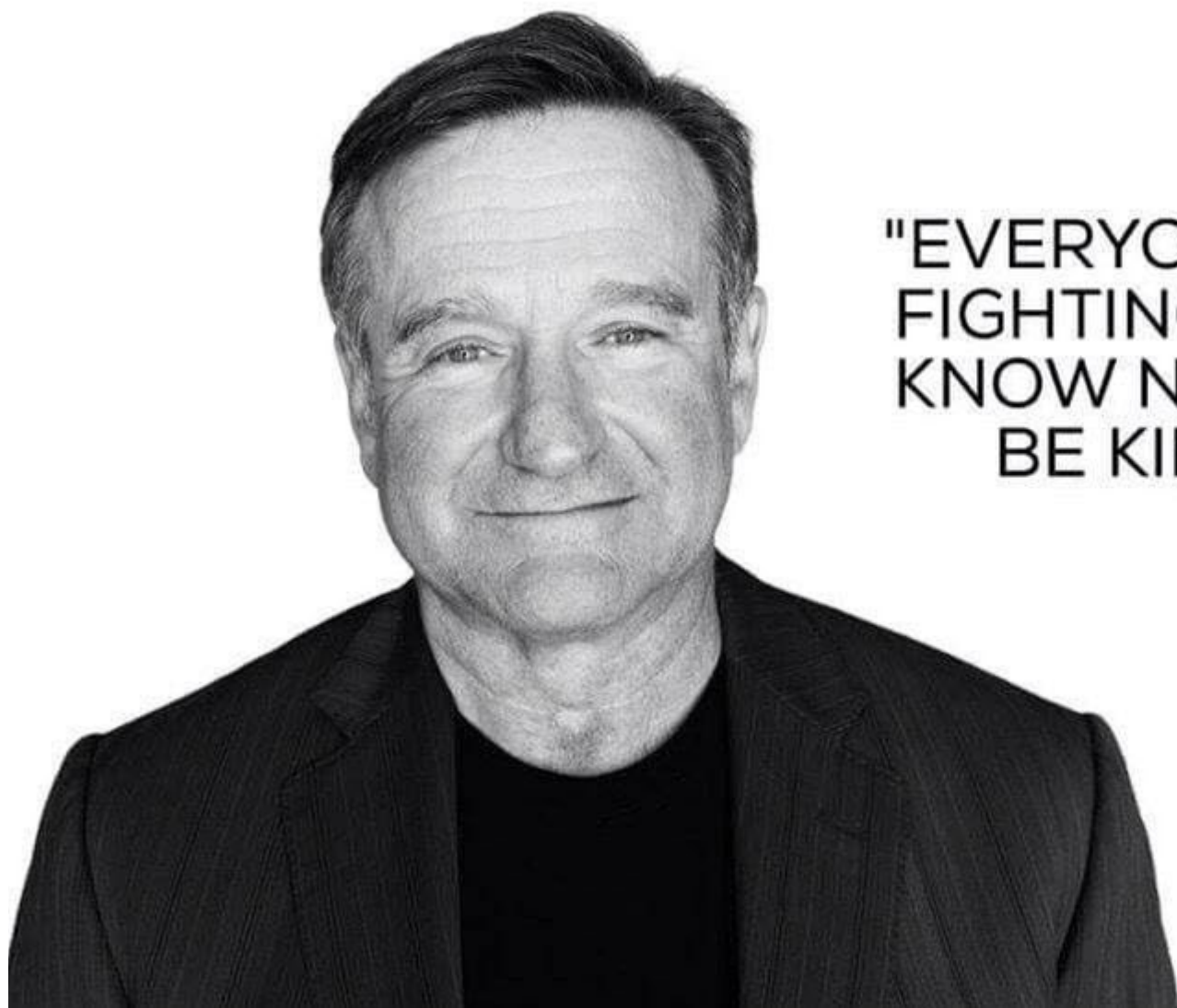
THANK YOU





“People will forget  
what you said,  
people will forget  
what you did, but  
people will never  
forget how you  
made them feel.”

*Maya Angelou*



"EVERYONE YOU MEET IS  
FIGHTING A BATTLE YOU  
KNOW NOTHING ABOUT.  
BE KIND. ALWAYS."

- Robin Williams



**[makeamericahugagain.org](https://makeamericahugagain.org)**



Why so optimistic about 2025? What do you think it will bring? Everything seems so messed up.

I think it will bring flowers

Yes? How come?

Because I am planting flowers



**To Be More Kind  
Be More You**