








Top 10 Reasons to Attend a Humankindness Retreat

- 10 Shop at the Generosity Store, where the currency is kindness.**
"Love the Generosity Store. Great way to get involved with the community."
- 9 Connect with colleagues, new and old, from other departments and facilities.**
"It was nice meeting new people, but it was nice to get to sit with a friend or coworker too."
- 8 Learn the importance of effective listening techniques.**
"Aha moment. I resolve to be a better listener."
- 7 Make an "I Will" statement. Come find out what that means!**
"Nice way to stay in touch with our 'new friends'."
- 6 Hear inspiring stories.**
"There were great stories about compassion and educational stories to improve our daily functions at work."
- 5 Watch compelling videos.**
"The videos were all very moving."
- 4 It's always nice to take some time out of your busy day to pause and reflect.**
"Thank you for the opportunity to pause and reflect on humankindness as a group."
- 3 Learn what the experience principles are and why everyone is talking about them.**
"I really like the experience principles!"
- 2 Get re-energized and reminded why you work at Dignity Health.**
"Good experience. I felt it really was important to remember why I work at Dignity Health."
- 1 Hello humankindness!**
"Before I came to this retreat, it was unclear to me why I had to attend this session, but...now I truly understand, and [I understand] the real purpose of Hello humankindness."

Humankindness Retreats

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-  **Retreat Description:** A half-day event, this is a great opportunity for all Dignity Health employees to reflect, share experiences, and learn how to live meaningfully and embody humankindness.
-  **Duration:** Four hours, well spent
-  **Who:** You
-  **Prerequisites:** Just an open mind and a good attitude!
-  **Homework:** Spread acts of humankindness.
-  **Reading materials:** *Humankindness Retreat Magazine* — a must read, not available on newsstands)
-  **If you haven't already, you can expect to hear from your local leaders about when the retreats will be held in your service area.**

You're Invited

to a Humankindness Retreat

Who: You

What: A great opportunity for Dignity Health employees to reflect and share experiences

Why: It's fun, relaxing, and inspirational.

What People Are Saying:

- *"I have never been to anything like this, and it was awesome! It made me feel really proud and privileged to be a part of Dignity Health."*
- *"I was skeptical before attending the retreat, and was not sure what to expect. I feel like this experience was very positive and I think everyone will feel the same. Great job putting all this together!"*
- *"I'm so glad I came today."*

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