

The Power of EKG™

HOW TO THRIVE BY USING EMPATHY, KINDNESS AND GRATITUDE AS YOUR FOCUS

92% of CEOs say their organization is empathetic, but only 72% of employees say they work for an empathetic employer.

76% of people who experienced empathy from their leaders reported they were engaged compared with only 32% who experienced less empathy.

According to one poll, 65% of Americans reported receiving no recognition for good work in the past year. - Gallup

Close work relationships boost employee satisfaction by 50%, and people with a best friend at work are seven times as likely as others to engage fully in their work. - PwC

- ✓ EMPATHY
- ✓ KINDNESS
- ✓ GRATITUDE



EMPATHY – KINDNESS – GRATITUDE - EKG™

How strong is employee well-being in your organization?
What level of **Empathy** do your people display with each other?
Are you and your team consistently **Kind** to customers and each other?
Do you effectively express **Gratitude** and do you do it every day?

The disruptions of the pandemic and the uncertainties we have all experienced have tested many of the foundations we relied on. Research has proven that it is those individuals and organizations who are kind, who display empathy and who have made gratitude and joy a habit are the ones who flourish and lead the happiest and most productive lives. Trusted relationships and meaningful connections at work matter.

In order to shape these ideas, we are hosting a three round series on the behaviors of **EKG™ : Empathy – Kindness – Gratitude**. Here is what we will focus on:

- Explore the principles and impact behind empathy, kindness and gratitude and what research confirms drives performance
- Increase your self-awareness about EKG and identify areas for you and your organization to begin your journey to build mastery
- Understand the language, practices and habits surrounding EKG
- Practice the skills of Active Listening, Encouraging, Pausing, Observing and others
- Learn and engage with other like-minded leaders
- Help build the trusting and caring relationships needed to shape the future and bridge differences as they surface

The **EKG™** series will challenge you to make Empathy, Kindness and Gratitude an important focal point for collaboration and retention. It is a dynamic, engaging and highly involving in-person experience. Each session will wrap up with lunch to enable you to connect with others further.

You have an opportunity to be intentional about your future. We welcome your participation, confident of the value you will receive.