



Positive Ripples Discussion Notes

How might our actions/inactions impact others?

- Supported – enjoy work more
- Unsupported
- Affects the way people approach us and their openness
- Self-esteem (delicate)
- Trust/confidence
- Impressionable thoughts and impact on future behaviour
- Show we care
- Feel loved/unloved
- Misunderstandings (confusions)
- Stimulate to be more independent/dependant
- Reassure/put them at ease

What can we do?

- Be mindful of what we say and do especially from an emotional perspective and how this might be received
- Assume positive intent (trying to help)
- Have a conscience
- Be aware
- Do our best
- Think twice and trust your gut
- Do what you think is the right thing and for the right reasons
- Listen to show presence and show that they're heard
- Sometimes better to not say something
- Say when something isn't acceptable



- Seek a 2nd opinion

Positive Ripples - Takeaways and actions

- Be mindful – situation/others/own self
- Apply in personal relationships (as well as work)
- My positive language responses – how are you? “not bad” “I’m pretty good”
- Follow my values
- Trust the process
- Imagine unicorn distributing sparkles
- Listen properly
- Think about the impact of my reactions
- Think more about outward impact than worrying/overthinking