



The Power of One

- 1 Challenge your thinking.
Check your stories for bias.
- 2 Praise behaviors you hope to see repeated.
- 3 Share credit shared with you.
- 4 Speak to protect yourself and others from unwelcome behavior.
- 5 Expand your in-group.
- 6 Do a little more than expected; ask for learning opportunities.
- 7 Share your knowledge generously.
- 8 Practice stress reduction religiously.

Be truthful, gentle, and fearless.

Gandhi, nonviolent activist

GLADIEUXCONSULTING.COM

HEALTHY WORKPLACES