

Resources for Learning to Lead with Kindness and Compassion



Leading with compassion and kindness means treating everyone you encounter with dignity, respect and kindness.

Dr. Carl Rogers, an American psychologist, believed that the three core values of empathy, integrity, and unconditional positive regard are essential for leaders in all roles and professions.

- **Empathy** means that you try to put yourself in another's shoes and work on seeing things from their perspective.
- **Integrity** - be genuine and real.
- **Unconditional positive regard** means that although you may have judgment about someone's behavior, you value them as a fellow human being, and you look for the goodness in each employee you encounter.

If you would like to learn more about honing effective workplace skills, you might find it helpful to explore digital wellness tools through the USPS EAP website. Visit EAP4YOU.com to find resources, information and online wellness tools offered to all postal employees including managers. Your EAP can help you learn to stay calm and centered so you may lead from a place of kindness, focus, and compassion when you interact with others. The Health Resource Library and our digital behavioral health solutions have videos, exercises and affirmations to help guide Postal employees.

For further guidance on leading with kindness, consider taking advantage of USPS EAP services. The Employee Assistance Program can be a valuable resource for reaching professional goals, including honing your skills in fully becoming a compassionate and effective person. Find more information and resources give us a call at 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341.