

# # “dare to be Kind<sup>®</sup>”

## MAKE KINDNESS YOUR CHOICE PROGRAM

### **Step 1. Become an Active Witness**

Learning objective: When you see someone being harassed or bullied, don't be a bystander. Break your silence. Take action. By being an active witness, you uplift those around you.

### **Step 2. Own Your Uniqueness**

Learning objective: When you embrace who you are, you'll feel true happiness that only comes from being yourself.

### **Step 3. Dare to Step into You**

Learning objective: When you dare to step into the real you, others will accept you, without reserve.

### **Step 4. Make Kindness Your Choice**

Learning objective: Gain a deep understanding of the importance kindness plays in creating a community where all feel safe and accepted by others.

PROGRAM DIRECTOR: GABRIELLA VAN RIJ  
TEL: +1.844.888.KIND (5463) / +1-415-656-6656  
EMAIL: [g@gabriella.global](mailto:g@gabriella.global)  
WEBSITE: <https://www.gabriella.global/>