

Gabriella van Rij

Keynote Speaker. Author. **Kindness** Expert.

Founder of **#DaretobeKind - a Global Movement**

How to tap into the power of kindness—the most underutilized skill in today's world.



CREATING A KINDNESS CULTURE

Discover how kindness can be used in practical ways to build safer and healthier workplace relationships!

- **Understand** the role kindness plays in creating a work environment where all feel safe and accepted by others
- **Pinpoint** hindrances to kindness
- **Master** a simple method for making kindness a habit
- **Find** out why sharing stories is pivotal to increasing kindness

WATCH YOUR DELIVERY: SECRETS TO EFFECTIVE COMMUNICATION

Optimize your communication for success by developing the habits of top communicators. An engrossing talk that empowers you to:

- **Understand** the difference between opinions and judgments
- **Improve** communication at all levels
- **Create** a transparent and respectful environment
- **Learn** a simple method to instantly improve your listening and communication skills

For booking inquiries, contact
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ABOUT GABRIELLA

Drawing from groundbreaking science, her immense cross-cultural experience, and her signature humor, Gabriella van Rij inspires organizations to tap into the power of kindness—the most underutilized skill in today's world.

Adopted by a Dutch family from an orphanage in Pakistan, Gabriella's life story is as inspirational as it is unique. Her story and subject matter expertise have captivated millions on Dr. Phil, ABC, CBS, NBC and FOX.

The author and kindness expert is also the trailblazer behind the global **#DareToBeKind** movement. She writes on social issues for the Huffington Post and the NY Daily News.

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