

# The Kindness Culture Workshop

*Emotionally Intelligent Communities, One Micro-Moment at a Time*

Community Program

Deborah DiMiceli | Esteem Academy

*“The emotional climate of a home, a classroom, or a community is not built in big moments. It is built in the small, repeatable ones that quietly tell people they are safe and seen.”*

Kindness is usually treated as a value. This workshop treats it as a biological practice. Grounded in polyvagal theory and emotional contagion research, it shows participants how emotional states spread through a room, and how small, consistent moments of connection and repair shift the emotional climate of a home, classroom, or community. Participants build their own Kindness Culture Plan and leave with simple, repeatable practices they can start the same day. It is designed for parents, caregivers, educators, group leaders, and community members who want emotionally healthier environments.

## WHAT THIS PROGRAM ADDRESSES

- **The Biology of Kindness:** the neuroscience of co-regulation, and why one person’s emotional state shapes everyone around them
- **The Kindness Culture Blueprint™:** five pillars that can be applied anywhere, any time: Awareness, Connection, Expression, Repair, and Ripple
- **Micro-Kindness:** four practices that change a room (Pause, Check-In, Gratitude, and Encouragement)
- **Repair:** how emotionally healthy environments recover from hard moments, not just avoid them

## WHAT PARTICIPANTS LEAVE WITH

- A participant workbook with their own custom Kindness Culture Plan
- The Kindness Culture Blueprint: five pillars they can apply at home, at school, and at work
- Four Micro-Kindness practices ready to use immediately
- A 7-day practice tracker to keep kindness going after the workshop
- Family take-home cards for every age group: K–2, grades 3–5, teens, and older teens

## FORMATS

### 60 min *Adult Workshop*

Parents, caregivers, educators, and community members. Includes the full Blueprint and plan.

### 30 min *K–2 Assembly*

The Kindness Spark, the Calm-Down Rainbow, and the Feelings Mirror

### 30 min *Grades 3–5 Assembly*

The Invisible Backpack, Pause Power, and the Ripple Effect

## ALSO AVAILABLE

Family take-home cards for all ages  
Facilitator training for partner organizations

## IDEAL FOR

Public Libraries, YMCAs, Boys & Girls Clubs, Schools & PTAs, Parent Groups, Corporate Teams, Civic & Community Organizations

## FOR PUBLIC LIBRARIES

Offered free to public libraries, and at standard rates for schools, nonprofits, and organizations. Every session includes the 39-page participant workbook.

## NEXT STEP

A 15-minute conversation to bring the Kindness Culture Workshop to your community.

**Deborah DiMiceli** is a TEDx speaker, Amazon #1 bestselling author, and founder of Esteem Academy. As creator of the Kindness Culture Workshop, she focuses on the small, repeatable moments that shape how safe, seen, and confident people feel. Author of *Trading Mirrors* (Bold Publishing, 2026), an Amazon #1 bestseller.  
[deborah@esteemacademy.life](mailto:deborah@esteemacademy.life) · [esteemacademy.life](http://esteemacademy.life)