



Acts of Kindness

The Gift of Their Words

There are many ways kindness finds its way into our lives. Sometimes it is a gesture. Sometimes it is time. And sometimes... it is words. Recently, Sue and I have been the recipients of a particular kind of kindness – one that continues to move us each time we encounter it. It comes in the form of reflections from participants in our workshop series.

Individuals who have taken the time – often at the end of a deeply personal journey – to put into words what the experience has meant to them. And then, generously, to share those words. Following our recent Principal Manifesto series, and as we reflected in an earlier blog *What Emerged When 30 Principals Paused*, a number of participants shared their experiences. There was a depth to their words that stayed with us.

One participant described the journey as: *“truly transformative... a rare opportunity to look inward with honesty and curiosity, uncovering strengths and insights that have enriched both my professional and personal life.”*

Another reflected on something many leaders will recognise: *“in a role where most of my energy goes to others, this became a catalyst for finally investing time in my own growth... the metaphorical ‘oxygen mask’ I needed.”*

There was also a beautiful articulation of what a manifesto becomes over time: *“a daily reminder of my values and a guide for living with purpose and heart.”*

And perhaps most powerfully, a reminder of what sits at the centre of leadership: *“leading with heart... creating belonging... building cultures where people feel valued, safe and empowered.”*

Not all reflections were long. *“A truly enriching experience. One that is inspiring, enlightening, challenging and rewarding.”* And in their simplicity, they carried just as much weight.

What we have come to realise is these reflections are not just feedback, they are contributions. They help others to see what might be possible for themselves. They extend the impact of the work far beyond the original experience.

And so, to those who have taken the time to write, to reflect, and to share – thank you! For your honesty, for your generosity, for your words. They are received as the gifts that they are. And they continue to ripple outward, supporting others to pause, reflect, and perhaps begin a journey of their own.