

# ACE LINKS

*ACE Mentoring Program Quarterly Newsletter*



## Small Acts of Kindness, Meaningful Impact

Kindness can be powerful, even in its smallest acts. Have you ever noticed your response to a stranger who randomly smiles at you? Folks typically cannot help but smile back, and it can brighten the moment. When it feels like the world is in chaos and you feel overwhelmed, engaging in small acts of kindness can bring joy to you and those around you. How can you demonstrate kindness to your mentor/mentee? How does kindness manifest itself in a professional setting? We invite you to reflect on the power of kindness.



## Check in WITH YOURSELF

### We invite you to pause and reflect

- What does kindness mean to you? Is it important?
- What does it feel like to witness or perform an act of kindness?
- Can you recall a time when someone's kindness significantly impacted you?
- How do you show kindness to yourself? Your family? Your community?
- What was your last random act of kindness? (holding the door for a stranger? complimenting a friend?)
- Do you believe small acts of kindness can make a big difference? Why or why not?

**A FRIENDLY REMINDER TO CHECK-IN WITH YOUR MENTOR/MENTEE!**



## CONVERSATION STARTER

How do you or have you responded when a colleague is unkind to you?

How about when they have been unkind to someone with whom you work?

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

*-Leo Buscaglia*

Stay  
Connected  
with *ACE*



## RESOURCES AND UPCOMING EVENTS

### MENTORING MATTERS PANEL

TUES., FEB 11TH  
3:00-4:00PM

[REGISTER FOR ZOOM LINK](#)

### KINDSIGHT 101

PODCAST

LET'S MAKE A BIG IMPACT...ONE SMALL ACT AT A TIME WITH MORGANE MICHAEL AS SHE TRIES TO ANSWER THE QUESTION "HOW DO WE ENSURE PEOPLE FEEL HEARD, SEEN, AND UNDERSTOOD WITHIN OUR SCHOOLS?"

### UCLA HEALTHY CAMPUS INITIATIVE

[SEMEL INSTITUTE  
LIVE WELL INITIATIVES](#)

[MINDFULNESS  
PRACTICES  
MINDFUL AWARENESS  
RESEARCH CENTER  
\(MARC\)](#)

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Interested in the ACE Mentoring Program? Have an event or resource you would like to share in a future issue of *ACE Links*?

Email [ace@college.ucla.edu](mailto:ace@college.ucla.edu) for more information!