

Gathering of Kindness

Reframing
quality
and safety

A healthcare movement *with* a difference, *making* a difference

GoK in 2023

Melbourne Gathering
of Kindness event
29th October

Online Kindness Week
13th - 17th November

Gathering of Kindness Across
the Year subscription
All year long

The **Gathering of Kindness** is a movement focused on bringing together all of the voices in healthcare, to be change agents who envision and work towards a kinder, safer, and better healthcare system for all.

Our annual **Gathering of Kindness** event addresses the interlinked issues of workplace wellbeing, quality and safety, and human experience, and has grown to become a key experience in the Australian healthcare calendar.

The success and profound impact of our annual event inspired us to create our subscription-based **Gathering of Kindness Across the Year resource kits**, to spread our knowledge of the benefits kindness has in healthcare throughout the entire year.

These resource kits are carefully curated to provide valuable insights and tools to help embed kindness and change into healthcare practices, with bite-sized learning activities and practical actions.

By subscribing to our Gathering of Kindness Across the Year service, your organisation will receive:

- Regular tried and tested **resource kits** to support your organisation through facilitation guides, presentations and team-building exercises that embed a culture of change
- **Materials** to support your internal communication efforts
- Access to our Gathering of Kindness **online presentations** for all your staff during **World Kindness Week**
- A resource kit to **host your own in-house Gathering of Kindness event** and support your organisation's World Kindness Week activities
- **20% off tickets** to our annual in-person Gathering of Kindness event for all staff, including special promotional discounts for our partner events
- **12 months' on-demand access** to every digital recording of our annual in-person event
- **Year-round support** and advice from our team
- **Creative content** from the extensive Hush Foundation catalogue, including Hush Music, writing, poetry and more.



We know kindness works

Research shows that we are more likely to create positive change when we focus on the positive end goal - kindness, safety and wellbeing for all – rather than the complex problems that we are trying to address, namely bullying, burnout, high staff turnover, and poor patient experiences.

We know that in healthcare, teamwork is essential for both good patient outcomes and staff wellbeing and safety. We also know that kindness enhances team collaboration, as well as staff retention rates, wellbeing and safety, which reduces workplace errors and improves treatment outcomes, creating a ripple effect that also improves quality and safety for patients and families.



Learn more

You can learn more about the **Gathering of Kindness**, including our subscription service and discounts, plus access additional resources and support by visiting www.gatheringofkindness.org, or by sending us an email via info@hush.org.au

Feedback from our change agents

“You have created an amazing program and a platform to get to the core of health care. What an inspirational two days!”

“I have already taken key insights back into my workplace and have begun noticing and highlighting acts of kindness as key performance criteria when giving feedback to my team.”

“Not what I expected! Amazing. Definitely recommend this to everyone.”

“I had no idea what to expect from this gathering and have been completely blown away by the content and ideas, feeling very inspired.”

A brief history of **Gathering of Kindness**

In 2015, after identifying the direct correlation between organisational negativity and staff wellbeing and effectiveness, Professor Catherine Crock AM created the **Gathering of Kindness** alongside Mary Freer to remedy this issue and build a culture of kindness throughout the healthcare system.

Our first **Gathering of Kindness** event in 2016 involved an intimate 100 participants, who were all asked to imagine kindness, trust and respect as fundamental components of the healthcare system. Together, we proposed a better way forward, and have since transformed our inaugural event into a global movement that encompasses a wide range of offerings, to bring about the cultural change we all need to see in healthcare, for patients, families and healthcare professionals.

A brief history of **hush**

The **Hush Foundation**, internationally renowned for its pioneering approach in combing the latest research with the creative arts to support professional learning and culture change, was established in 2000 by Professor Catherine Crock AM in response to her work with children undergoing painful medical procedures at The Royal Children’s Hospital Melbourne. She sought to reduce the stress and anxiety felt by patients, families and staff, by organising the creation of purpose-made music from some of Australia’s most renowned musicians and composers, to help evoke a sense of calm and optimism in healthcare settings.

Over twenty years have passed, and the work of **Hush** has since expanded to involve a wide variety of offerings, including three theatrical plays about health care, twenty music albums, two delightful books, music and audio-visual screens, narrative workshops, keynote presentations and more.

