

## How might we find gratitude by sensing the unseen and noticing the unnoticed?

### We are grateful to Ta'amod for being our partner and contributing this activity.

Gratitude can be shown in our communal environments, including our professional work communities, by simply pausing to take the time to notice and saying *Hineini*, literally, "Here I am!" Present and aware.

Whether you are a staff person, a volunteer, a member of the clergy, a congregant, a preschool parent, or any other role that you play in relationship to a Jewish organization, practice embodying the concept of *Hineini* today in your work or organizational environment. So often, we are "blinded" by busyness or hyper-focus on our own work or goals. When we sense anew and pause to get present, we allow space for gratitude and awareness to emerge.

Here are two ways we can practice noticing the unseen and put that into action.

**Ta'amod** תעמוד  
STAND UP  
TRANSFORMING JEWISH WORKPLACES

Check out more of Ta'amod's activities.

### Positive Affirmation

Whether on video conference, phone calls, or in person, find three moments to pause and take a deep breath. Notice something new about another person, or the culture or work of your company or organization, and offer gratitude. Positively affirm someone's work, action, or contribution with an email, text, or comment. Notice your own gratitude for another's impact.

### Active Bystander Intervention

With the same practice of pausing and saying *Hineini*, get present with something in your life that's problematic, but you might not have noticed until now that it needs attention. Often we choose not to notice uncomfortable or unpleasant things because they feel threatening or simply unsettling. Becoming present and aware towards ourselves and others can help us find the courage to become active bystanders in creating a healthy and safe culture for our colleagues and peers.

Step 1: Take three moments to take a deep breath.

Step 2: Notice something about the culture and interpersonal interactions you're experiencing in your organizational environment. Is something feeling off about a situation or interpersonal dynamic?

Step 3: Help acknowledge someone who is experiencing something negative by checking in with them, offering support, and validating their feelings. This may generate gratitude from them and cultivate a sense of agency in you.

When everyone in an ecosystem of organizational life takes a stand of *Hineini*, awakens their senses and is willing to speak up, the culture can shift to one of gratitude, safety, and kindness.

\*NOTE: If you are seeing or experiencing concerns that cross over into abusive or harassing behavior in an organization, become an active bystander by reaching out to Ta'amod for resources and support, or call the Ta'amod call line powered by JCADA. +1 833-760-0330 Ta'amod: Stand Up! is a partnership of the Good People Fund and the Jewish Women's Foundation of New York to help Jewish communal institutions and all who work, learn, or worship at them develop cultures of safety, respect, and equity. taamod.org



#gratitudedays

Days of Gratitude 

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