

The Cole Slaw Challenge



This is a true story. I watched it unfold in front of me at my neighborhood Rouse's Market in Mobile, Alabama. The middle-aged woman was clearly focused and in a hurry. The fact that she stopped herself, took a deep breath, and treated that elderly woman with such kindness leapt out. How many times do you and I have the chance to do things like this but don't even recognize the need? Probably more than we know. Helping people lifts all parties. It always has. It always will.

Debrief the video with these questions and challenges: **Tips:**

- Has anyone ever witnessed a stranger help someone else? Where you were just a fly on the wall? Tell us the story.
- People are often reluctant to help strangers. I don't know why. I know some of you are much better at it than I am. How do you do it? What do you say to yourself that makes you get involved? What if they are different than you in some way, does that change how you feel about them? How you might help them?
- Someone talk about what hearing a story like this does for you. How does it make you feel?
- Let's start our own Cole Slaw Challenge. Keep an eye out for opportunities to help your colleagues and customers just for the sake of helping them. Let's notice some things that make us feel good and share what those things are.

When people share, say, "That's wonderful. Why did noticing that make you feel so good?"

Note: Advocating on behalf of others is called being an ally. Find ways you can learn more about the lived experiences of those different from you so you might be of even greater support. (For example, if you, an able bodied person, get to a door the same time a person living in wheelchair gets there, ASK, "would you like me to get the door for you?" vs just opening it for them.

Suggest ways your team can share their experiences with your Cole Slaw Challenge like posting updates internally or discussing at the next gathering.


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