

# HumanWisdom to host Global Meeting on Kindness on 2nd September

*Kindness is a gift we give ourselves. What gets in the way of being more kind?*

LONDON, UK, August 28, 2023 /EINPresswire.com/ -- [HumanWisdom](https://HumanWisdom.com/) is a UK based start-up that aims to reduce suffering and help people flourish in life. It has recently released the HumanWisdom self-awareness app which helps people think more clearly, have happier relationships, manage their own mental health, and develop the soft skills they need to succeed in life.



HUMANWISDOM LIVE

HOW CAN WE BE MORE KIND?

Dr Manoj Krishna & Martha Van Dam

FREE LIVE DISCUSSION

2nd September | 10am EST, 3pm UK, 7.30pm IST

humanwisdom.me

What gets in the way of being more kind?

It is hosting a free global meeting on Kindness on 2nd September. It will be a live discussion between [Dr Manoj Krishna](#), a former surgeon and the founder of HumanWisdom, and Martha Van Dam, a psychotherapist based in the US. Participants will be able to ask questions and share their insights.

“

Successful relationships are the foundation of our happiness. Kindness is the glue that holds them together and helps them flourish.”

*Dr Manoj Krishna*

The discussion will focus on these questions: What gets in the way of being more kind? How could being more kind to ourselves and others transform our lives? How can organisations create a culture of kindness, and could this boost productivity?

Kindness enriches our lives in unforeseen ways and is the glue that holds our relationships together. Relationships are the foundation of our happiness. More than 50% of relationships are dysfunctional and unhappy, and one reason could be the lack of kindness within them. When people are kind to us we feel really happy, but are we as proactive in being kind to others?

What gets in the way of living with kindness as our first instinct - in our schools, at home, at work

and on social media? The discussion will explore the many unconscious barriers in our own mind that stop us from being more kind.

Participants will leave with fresh insights into the way their minds function, a deeper understanding of how they can be more kind, and learn fresh ways of strengthening their relationships and leading happier lives.

To register for this free event [CLICK HERE](#).

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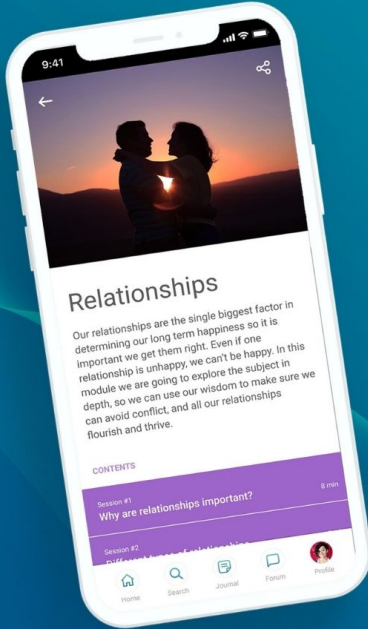
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The image shows a smartphone displaying the HumanWisdom app interface. The screen shows a sunset background with a couple silhouetted against it. Below the image, the text reads: "Relationships are the single biggest factor in determining our long term happiness so it is important we get them right. Even if one relationship is unhappy, we can't be happy. In this module we are going to explore the subject in depth, so we can use our wisdom to make sure we can avoid conflict, and all our relationships flourish and thrive." Below this is a "CONTENTS" section with two items: "Session #1 Why are relationships important?" (8 min) and "Session #2" (partially visible). At the bottom of the screen is a navigation bar with icons for Home, Search, Journal, Forum, and Profile.

**HumanWisdom**  
Wisdom for a happier life

## Have happier relationships

Understanding yourself and your emotional needs helps you understand others better, and have relationships without conflict

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humanwisdom.me

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Successful relationships are central to our happiness

This press release can be viewed online at: <https://www.einpresswire.com/article/652113673>

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