



**Your
employee
just told you
they have
cancer.**

What do you say?

What you say to your employee affected by cancer matters.

- 1** Keep your feelings in check for the moment. When someone tells you they have cancer, try to remember, it's not about you. It's about them.

- 2** Remind yourself your job is not to "fix" the situation. You need to sit in the discomfort that you cannot "make this better."

- 3** Remember you matter. Your employee is sharing this information with you because they want you to know. The only thing you need to do (right now) to be a good boss is listen.

But what do you say? On the next page are 5 phrases to never say, why they are not good phrases to use and what to say instead. Thanks for wanting to support your employee.

100 *acts of* **LOVE**

Don't Say This

Why It's Not A Good Phrase to Use

Say This Instead

"Call me if you need anything!"

"Anything" is too big for your employee to wrap their head around. You are asking them to dissect their day and then find a small piece you might be willing to help with. In addition, you are asking them to have the courage to ask for help. That is a lot of asking!

"I will bring you dinner on Thursday. Do you want chicken or lasagna?"
"Is there a project that I or the team can help you manage right now?"
Be specific. The more specific you are, the more likely your employee with cancer is to remember your offer and call you when they need it.

"How are you?"

This is usually said with over-caring eyes and a sense of pity. And frankly the person with cancer is sick of responding to the question!

"I care so much about how you're doing and send you healing thoughts often."

"You should try ____!"

"You should" implies what they are doing is wrong and that you know better. Offering a suggestion without knowing anything about their cancer is not helpful! In addition, you have just put the burden of finding out more on them. This statement is the definition of unhelpful.

"I heard about this cancer treatment that works for cancers like yours. I would like to do some research to see if it might be a good fit. Would that be ok?" Or alternatively, you could not say this at all!

"Everything happens for a reason."

Here is a scenario for you: You just lost your job for no good reason. You don't have a lot in savings. Does knowing "it happened for a good reason" help you feel better? No. And don't you just hate the person who said that to you while you're worried about paying your mortgage? The silver linings often appear AFTER you have been through the hardship. The same is true for your employee with cancer.

"I can't think of any good reason for any of this to happen to you. I'm so sorry."

"My friend's neighbor's aunt had cancer three times and is now ok!"

Comparing your employee's cancer with someone else's experience does not inspire them! Unless the person has the same cancer as your employee and is willing to share their experience, sharing a random person's cancer journey is not helpful. Look at it this way, if you crashed your car, would it be helpful if someone said, "Oh, I have a friend who crashed their car!"

"I don't know what to say. I'm just so sorry." This is one of the most powerful phrases you can utter. It shows a deep understanding of the gravity of the situation.

Now you know what to say and your employee with cancer will appreciate you for being a person who "gets it."

But that is not all! There are many simple, easy, and powerful actions you can take that will truly show your support for your employee affected by cancer, all while effectively managing your team as well! Pop on over to [100ActsofLove.com](https://www.100ActsofLove.com) to find out what more you can do.

You Matter.

[100ActsofLove.com](https://www.100ActsofLove.com)



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