



COMPASSION IN THE WORKPLACE



Date
16 Oct 2024



Time **ONLINE**
10:00am - 14:00pm



ONLINE

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AMANDA THAWNARAIN
SPEAKER



CINDY MENINO
SPEAKER



MANDE TOBKIN
SPEAKER



ANJA MEYER
SPEAKER

Compassion in the workplace is the quiet force that turns collaboration into connection, challenges into opportunities, and colleagues into a community of care.

Agenda

Anja Meyer
Mande Toubkin
Cindy Menino
Amanda
Thawnarain

compassion

noun

sympathetic pity and concern for the sufferings or misfortunes of others.

What is the meaning of compassion?

a strong feeling of sympathy and sadness for other people's suffering or bad luck and a desire to help.

Exercise: Writing a Self-Compassionate Letter

- Take 3 minutes to write to yourself as if you were comforting a friend.
- Be kind, supportive, and non-judgmental.
- Acknowledge your emotions and offer yourself understanding.

“Compassion Towards Oneself”



Anja Meyer

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B Cur ED, Admin - OHS

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Compassion Towards Oneself

Understanding and Cultivating Self-Compassion





What is Self-Compassion?

- Treat yourself with the same kindness you would offer a friend.
- Self-compassion = mindfulness + self-kindness + common humanity.
- Is not self – pity or indulgence, its **Acknowledge** your pain without judgment

Why is Self-Compassion Important?

- Promotes emotional well-being.
- Reduces anxiety, depression, and stress.
- Builds resilience and helps maintain motivation in the face of setbacks.

Core Concepts of Self-Compassion

Three Components of Self-Compassion

- **Self-kindness:**
- Instead of harsh self-criticism, respond to your mistakes and struggles with kindness and understanding.

- **Common Humanity:**
- Recognizing that suffering and failure are part of the shared human experience.
- You're not alone in your struggles.

- **Mindfulness:**

- Being aware of painful thoughts and feelings without being overwhelmed by them, allowing you to respond with care.

The Misconceptions About Self-Compassion

Self-compassion is not weakness:

It's an active process of growth.

It's not complacency:

Self-compassion encourages taking responsibility, while being kind in the process.

It doesn't lead to selfishness:

When we care for ourselves, we are more capable of caring for others.

Research on Self-Compassion

Studies show that self-compassionate individuals have lower levels of anxiety and higher levels of life satisfaction.

Self-compassion can be linked to better interpersonal relationships, as it allows for more empathy and understanding towards others.

Practical Applications Cultivating Self-Compassion: Daily Practices

Mindful Breathing:

Engage in deep, mindful breaths when feeling overwhelmed. Acknowledge your emotions without judgment.

Positive Self-Talk:

Replace critical self-statements with compassionate ones. Example: Instead of “I’m such a failure,” try “I did my best, and that’s enough.”

Self-Compassion Breaks:

Take brief moments throughout the day to remind yourself of the three components of self-compassion.

Developing a Self-Compassion Routine – Prime your mind

- Focus on Progress, Not Perfection
- Repeat OVER and OVER what YOU want NOT what you do NOT want
- Visualize it daily
- Engage with Like-Minded Individuals
- Limit Negative Influences
- Create a Routine
- Get that doubt jar
- Embrace Imperfection
- Commit to the Long Game

Incorporate small acts of self-kindness into your daily routine.

Build time for reflection and mindfulness at the start or end of each day.

Use reminders to pause and check in with yourself emotionally.

Conclusion

- Benefits of Embracing Self-Compassion
- Helps you respond to challenges with resilience.
- Improves overall well-being and emotional health.
- Fosters more compassionate relationships with others.

If you are growing in an area in your life **that means you're going somewhere you've never been before** and fear has the opportunity to come in...

Final Reflection

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

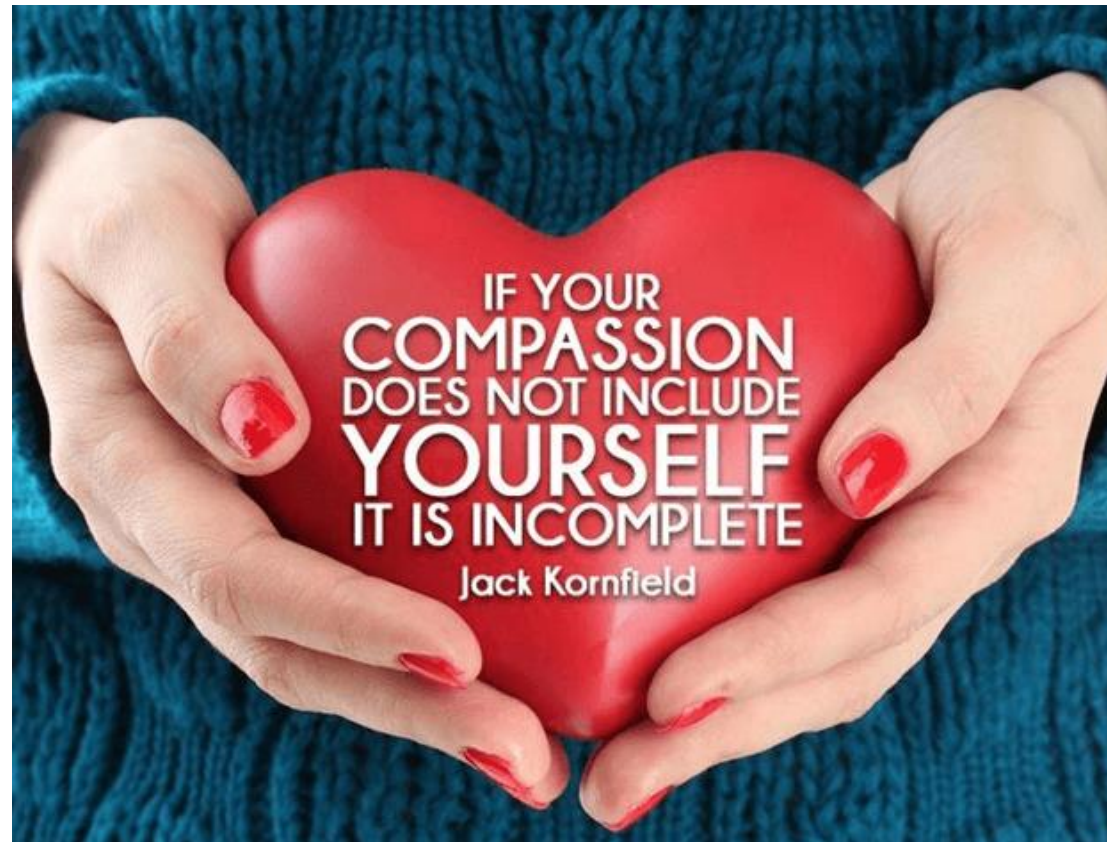
You can not serve with an empty cup,
fills yours first



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How will you practice self-compassion in your life?



Love yourself, so many do

