



# AWAKENING COMPASSION AT WORK

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## WHY DO WE CARE?

OUR WORKPLACE, NOW more than ever, is LOADED with SUFFERING  
It is an urgent need for all of humanity

## WHAT IS THE EVIDENCE?

- Profitability • Quality • Retention
- Relationships • Engagement • Learning

## WHAT IS YOUR ORGANIZATION'S SOCIAL architecture of compassion?



## COMPASSION

- When a co-worker lost their child, our office was so very supportive!

## HOW MUCH OUR WORK LIFE IS NOT BROUGHT INTO THE WORKPLACE

- Even one instance of compassion at work can redefine the perception of the workplace.

See the beauty in the other person?  
Can you see the suffering?  
Can you see the joy?

## EYE CONTACT

## VULNERABILITY HANG OVER...

overshare regret.

## HOLDING ENERGETIC SPACE

Sorry

## MISTAKES

Meet with more generosity

- What do we do when there are micro-moments of non-compassion?



## WHY DOES COMPASSION MATTER?

"UNCAP IT"  
Notice it  
Interpret



Empathic Concern

**ACTION**  
BIG  
QUITE SMALL

