

compassion it.®

NADO Conference

Let's arrive!

Three deep breaths together.



1. What to expect (& a little bit about Compassion It)

Compassionate

Compassion It




compassion it.®



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3a. What is compassion?



Compassion is the recognition of suffering, feeling the need to help, and having the willingness to take action.

Suffer with.

compassion it.

What is suffering, and who suffers?

Compassion

1. Recognize Suffering
2. Feel Empathy
3. Desire to Help
4. Willingness to take action
5. Warm glow



3b. What is Self-Compassion?

Visualization & Journaling Exercise

1. Someone you care about made a mistake
2. You made a mistake

Group

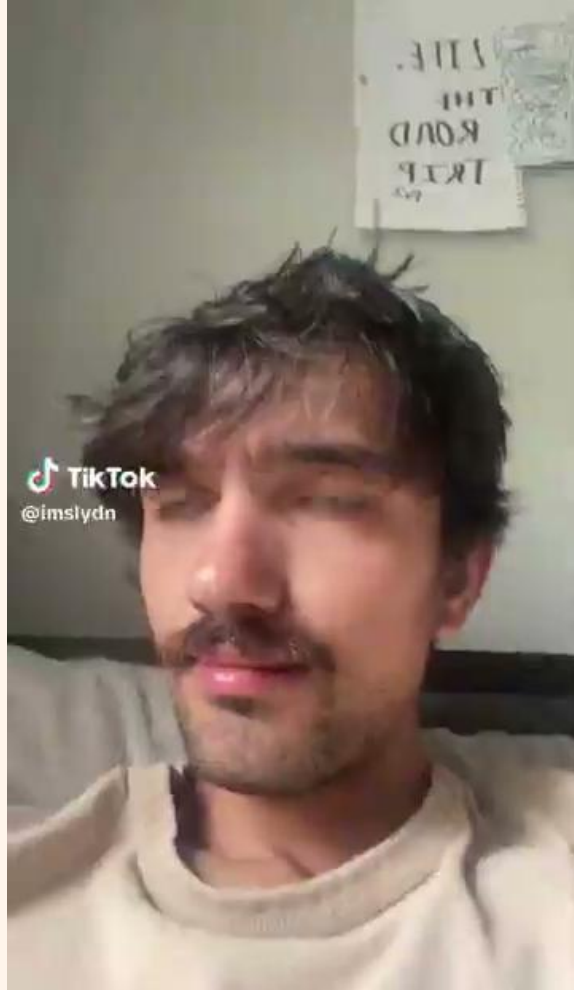
Were there differences between the two?
If so, what were they?

Self-Compassion

1. Mindfulness of your own suffering
2. Common Humanity
3. Self-kindness/mentoring

Self-Compassion

4. Community



compassion it.

What makes self-compassion difficult?

Can you still hold yourself accountable?

A young man with short dark hair, wearing a dark t-shirt, is seated at a table in a brightly lit room. He is looking towards another person whose back is to the camera. The person in the foreground is wearing a light-colored, short-sleeved button-down shirt. The background is out of focus, showing large windows and a warm, golden light. The overall mood is calm and focused.

SELF-COMPASSION

Pillar #3: Self-Kindness/Mentoring

compassion it.



Self-Kindness Exercise (partners)

What do you appreciate about yourself?



Debrief

Observations - what stands out?

Plus - tell us one thing you appreciate about yourself!

design thinking
*get into groups



Photo by James Pond via Unsplash