

Compassion in the workplace

Fostering a compassionate environment for
colleagues, partners, and the public

**Implementing
Strategic Visions to
End the Epidemics**

Objectives



Define compassion in the workplace and its connection to social health



Emphasizing the importance of grace



How to exercise workplace compassion



Gain a deeper understanding of the compassion workplace model

MENTI SURVEY TIME!

Go to www.menti.com and use the code 5008 0986

What thoughts, feelings, and sensations are you feeling at this time?



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Social Health

"Social health is more than just the prevention of mental illness and social problems. Being socially healthy means an increased degree of happiness including a sense of belonging and concern for others."

- National Health Portal of India



Going Forward with Grace

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Compassion in our work is a
matter of grace



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What does grace in our work look like?

- Assuming best intentions with colleagues and external partners
 - If only you knew, how much I do...do go through



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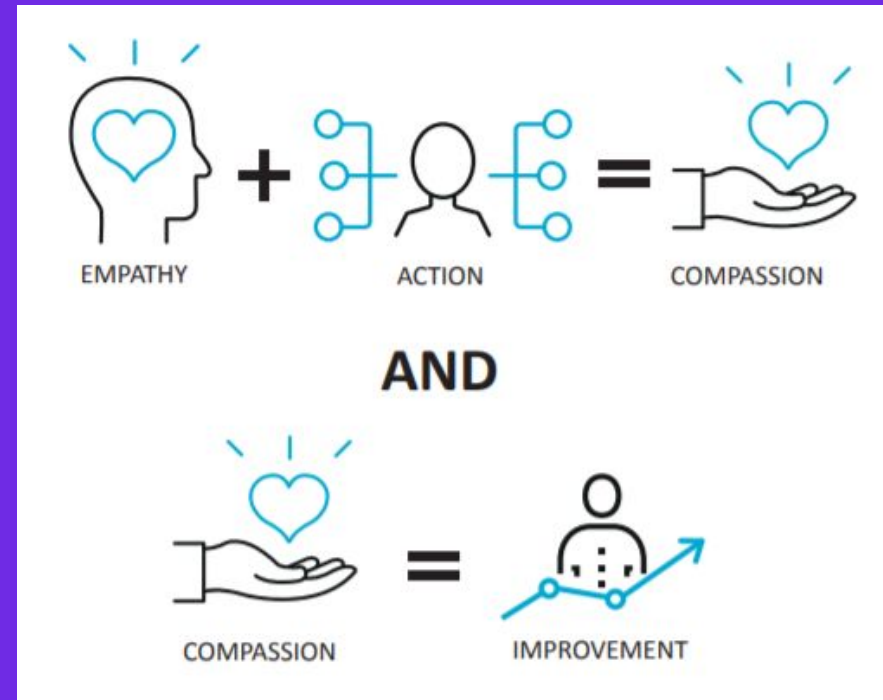
NASTAD 2022 Annual Meeting

How does compassion inform our work?

Compassion centers on the
human experience.

Compassion builds trust

From Empathy to Improvement



ROFFEY PARK'S COMPASSION IN THE WORKPLACE MODEL

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Group Activity

- Using Park's Compassion in the Workplace Model, take 10 minutes to think through some examples of compassion in each of these pillars.

What is the key to workplace compassion?



Self-compassion

May I, you be free from sorrow and pain

May I, you find ease in this struggle

May I, you find peace and healing

May I, you find openness of heart

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Initiation

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THOUGHTFULNESS



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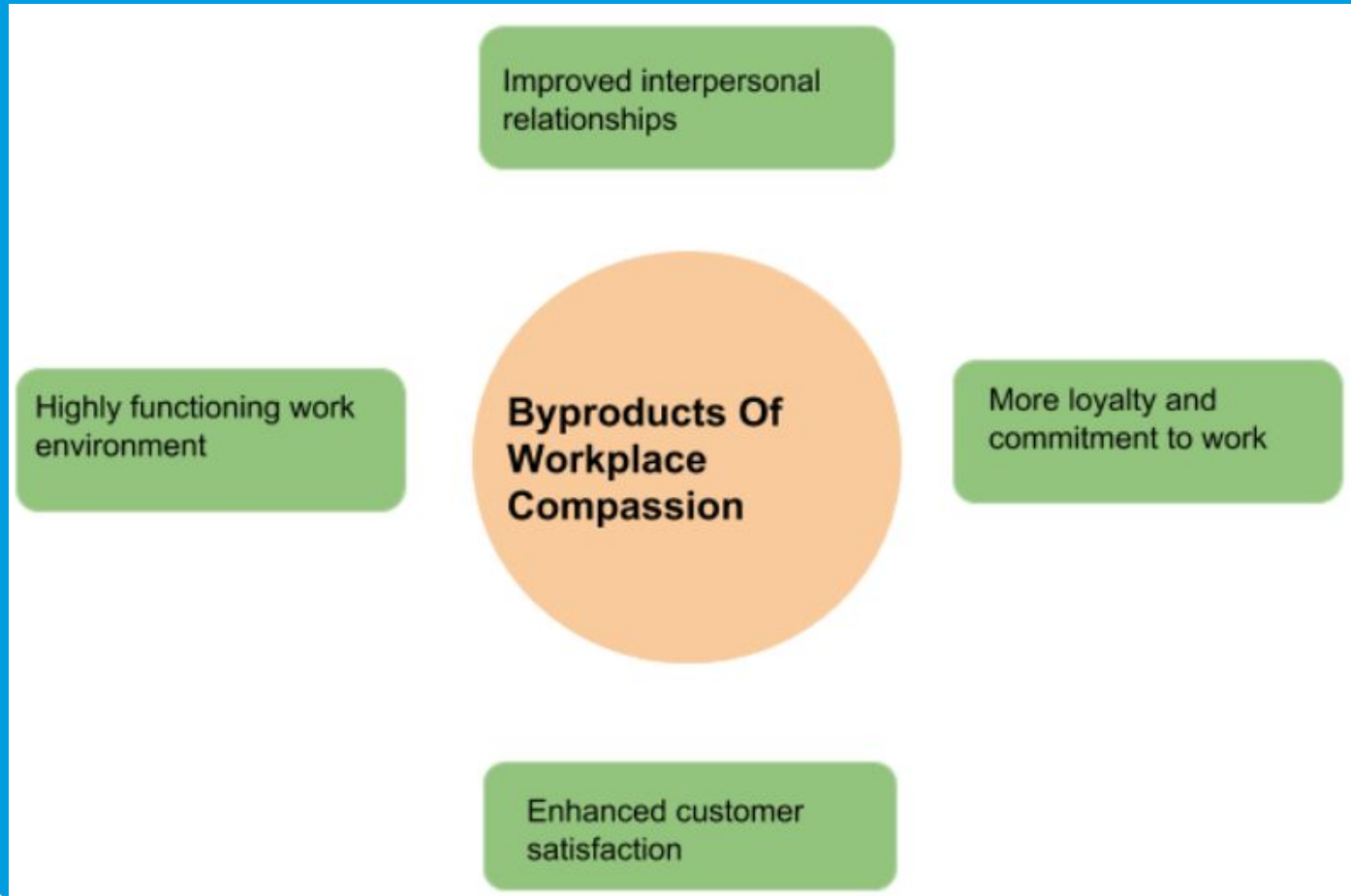
Examples of compassion in the public health workplace

- Health Justice's Deconstructing Racism training
- Starting a meeting by addressing thoughts, feelings, and sensations
- Acknowledge vicarious trauma and make impactful changes to address it



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Evidence for compassion in the workplace



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([Fowler & Christakis, 2010](#); [Goetz, Keltner, & Simon-Thomas, 2010](#))

How do we measure workplace compassion?



Team
feedback/satisfaction



Consistent assessment
of personal practices



Community feedback

Survey Time!

Go to www.menti.com and use the code 7731 8937

How will you adopt/model compassion in the workplace?