

## BLUEPRINTS FOR AWAKENING COMPASSION AT WORK

### FEELING EMPATHY AND CONCERN

This aspect of compassion tends to be a \_\_\_\_\_ strength \_\_\_\_\_ challenge

#### **Building personal capacity**

How can I remind myself to “stand in the other person’s shoes” or see things from his or her perspective, especially during a disagreement or when my expectations are not met?

When I need to tune into other caregiver’s feelings, how can I turn off distractions and learn to be more present?

How can I learn new ways to be mindful at work?

How might I learn to be better at listening with empathy and acknowledging my colleagues’ stress or suffering, without interrupting or needing to jump in and fix things?

#### **Strengthening group capacity**

Can we invent new ways of working together that allow us to be sure that we are hearing one another’s perspectives on important issues?

Could we create more retreat like times or technology-free meetings where we lessen distractions and emphasize listening?

How could we begin and end our group discussions with an emphasis on being mindfully aware and fully present?

Could we consistently acknowledge times when caregivers are encountering stress or going through difficulties?

### ACTING TO ALLEVIATE SUFFERING

This aspect of compassion tends to be a \_\_\_\_\_ strength \_\_\_\_\_ challenge

#### **Building personal capacity**

How could I better keep track of what would be helpful to each of my colleagues in times of stress or suffering?

How could I cultivate my ability to be present with caregivers who are suffering and acknowledge them in ways that allow my presence to become an act of compassion?

How could I become more comfortable at improvising actions when I learn that someone is suffering?

How could I be more responsive in sharing and responding to calls for action when others alert me that someone is suffering?

#### **Strengthening group capacity**

How can we easily and quickly get in touch with each other in case of an emergency or when suffering requires immediate actions?

Could we find ways to share more stories of compassion that would inspire us to take action when suffering surfaces?

Could we more regularly recognize the times when members of the group engage in improvisational action to alleviate suffering?

Could we find new ways to share alerts when someone is suffering to draw out more compassionate actions?