

Compassion @work



Harbor Regional Center is excited to be collaborating with Helen Sanderson Associates to bring you Compassion@Work!

During this FREE practical remote program you will be shown how to:

- Enhance your professional skills and effectiveness
- Strengthen relationships with your colleagues
- Reduce stress and increase well-being
- Contribute to a more positive and productive work environment

"C@W has provided our organization with a shared learning experience around navigating challenging professional situations with kindness and curiosity."

Bringing together current learning on self-compassion, compassionate communication, and research by Dr. Brene Brown you will be equipped with 15 Compassion@Work Practices that will change how you care for yourself, and bring compassion to your work-life.



For more information contact
Holly@helensandersonassociates.com

Cohort 4

Oct. 7, 14, 21, 28, Nov. 4
9:00AM - 12:00PM

[Register](#)

Session 1: October 7

Compassionate Communication

Explore what compassion is, and how it can change the way we communicate with others. Learn about the fundamental principles of compassionate communication and how to use them in everyday conversations.

Session 2: October 14

Challenging Conversations

Discover how to prepare for and navigate challenging conversations with curiosity, empathy, and courage and explore self-compassionate practices that can help us care for our needs in difficult moments.

Session 3: October 21

Digital and Written Communication

Explore compassion in the digital world, and look at practical ways to bring empathy into written communication and digital conversations, helping us connect more thoughtfully online.

Session 4: October 28

Compassion and Teamwork

Discover what a compassionate culture can be within teams and organizations. Discuss practical ways to encourage compassionate leadership and team dynamics that promote respect, understanding, and support.

Session 5: November 4

Moving Forward with Compassionate Practices

Focusing on cultivating a compassionate culture through feedback, coaching, and daily interactions, we learn how to integrate these compassionate strategies for lasting positive change in how we care for ourselves and others.

helen sanderson
associates
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