



The Compassionate Mindset

Duration : 1 day

Course Overview

The purpose of this course is to understand the meaning of compassion and compassion fatigue that will support us to build and maintain compassion in times of change and uncertainty.

Objectives

By the end of this workshop, you will have additional tools and enhanced skills to understand:

- The meaning of compassion and self-compassion
- The skills we use in showing compassion
- How to maintain our compassion levels
- The ABC of compassion and compassion fatigue
- Avoiding Burnout

Course Content

Introductions and objectives for the day

By the end of this session, delegates will have considered and discussed:

Who is in the group.

Outline what their key learning objective is

The purpose of today's session

The agenda and timings

Introducing Compassion

By the end of this session delegates will have considered and discussed:

A personal experience of showing compassion to another or having compassion shown to them – what does this look, feel and sound like?

What we understand by the term 'Showing

Compassion' to self and others

The 4 components of compassion

Empathy Versus Compassion

An example using the 4 components of

compassion

Developing skills for compassion and compassionate conversations

By the end of this session delegates will have considered and discussed:

The importance of Emotional Intelligence

How we communicate

Transactional Analysis

A case study using the key skills for compassion

Maintaining our Compassion levels

By the end of this session delegates will have considered and discussed:

Barriers to being Compassionate

Preventing Compassion Fatigue

Effects of Compassion Fatigue

Maintaining Compassion levels

Self-compassion

ABC for Compassion

By the end of this session delegates will have considered and discussed:

ABC for Compassion and compassion fatigue

Using the ABC model

What helps us feel our best?

Review and Action Planning

By the end of this session delegates will have:

Shared their personal key learning points from today's session

Created an action plan for maintaining compassion levels to support self and others –

Stop, start and continue

Offered any further questions from the session.