

SHOWING COMPASSION IN THE WORKPLACE AND IN YOUR PERSONAL LIFE IS A VALUABLE TRAIT.

HELP YOUR PEOPLE MOVE BEYOND KNEE JERK TENDENCIES TO UNCOVER FAULTS IN OTHER PEOPLE AND OPERATE AT A HIGHER LEVEL WITH AN APPRECIATION OF THE MYRIAD FORCES IN WHICH WE ALL ENCOUNTER.

## Plan of action

This program is designed to make you imbibe compassion in every facet of your life. Learn how to make compassion a part of your organisational culture and personal character.

This program dovetails compassionate behaviours with productivity boosts. Many workforces operate using the blame system which stifles morale and productivity.

- How to motivate people to be more compassionate
- How to listen to other people
- How to embed a culture of compassion
- How to imbibe positivism and thoughtfulness in your workplace
- How to gat past knee jerk responses in the workplace
- How to keep a positive state of mind when facing adversity and why bother
- How to promote workplace dialogue
- How to communicate empathy
- How to optimise compassion at work

Compassion is the basis of all morality.

- Arthur Schopenhauer





## COMPASSION PROGRAM OUTLINE

## **Key Learning Outcomes**

At the conclusion of this program participants will possess the skills to:

- Attract contentment and compassion at higher levels
- Break down any silos of ill will
- Deal with difficult and emotional people compassionately
- Understand the critical importance of compassion when dealing with different cultures and generations
- Profile the lives of the world's most compassionate people
- Understand the proven correlations between compassion and productivity
- Balance emotional, physical and mental aspects of life
- Understand how Emotional Intelligence (EI) affects relationship building
- Learn to get past stressful and negative reactions
- Achieve work-life balance successfully
- Practice the art of being humble for 24 hours and notice the difference in how people react
- Understand the benefits derived from helping others
- Use relaxation techniques to focus your mind
- Understand the importance of staying compassionate during tough times
- Build trust and respect with colleagues
- Avoid workplace knee jerk responses

## Would you like to attend this program?

- For maximum effectiveness, this program is best conducted as an in-house program.
- Ideal group size 4 12 participants
- Venue
  For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- Duration This program can be adapted to meet your requirements.
- Cost Price on request.
- Target Audience Supervisors, Team Leaders and Management.

If you would like more information on this training program, please contact: Melinda Kavanagh - Marketing Manager 03 9805 8000

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