



# COMPASSION TRAINING

"Be kind, for everyone you meet is fighting a hard battle." - Plato

This training course provides the essential skills to develop and nurture compassion in our everyday lives. Our session will explore what compassion means, the principles of compassionate communication and how to create a compassionate environment. We will practice active listening, learn self-awareness techniques and gain an understanding of unbiased thinking. We will also discuss how to best express caring and compassionate emotions such as patience, kindness and empathy. Participants will leave with valuable tools to help them cope with difficult situations and apply the principles of compassion in their daily lives.

## Key Course Content:

- Attract contentment and compassion at higher levels.
- Break down any silos of ill will.
- Understand the critical importance of compassion when dealing with different cultures and generations.
- Understand the proven correlations between compassion and productivity.
- Balance emotional, physical and mental aspects of life.
- Learn to get past stressful and negative reactions.
- Achieve work-life balance successfully.
- 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.



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.