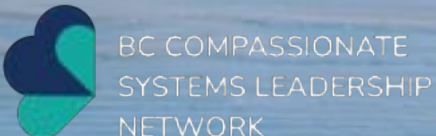
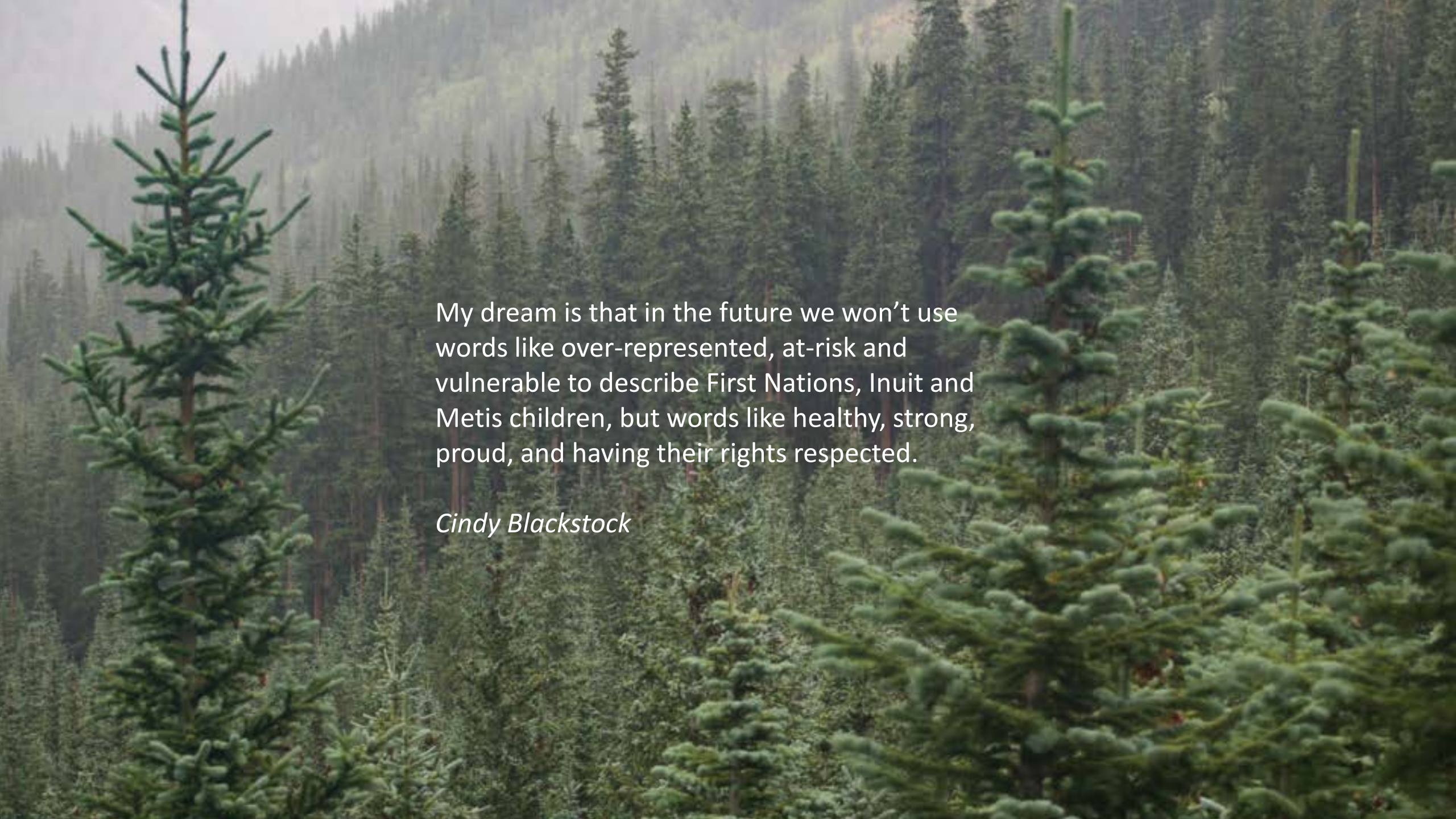


SEY2KT LEARNING COMMUNITY COMPASSIONATE SYSTEMS LEADERSHIP

FEBRUARY 13, 2025





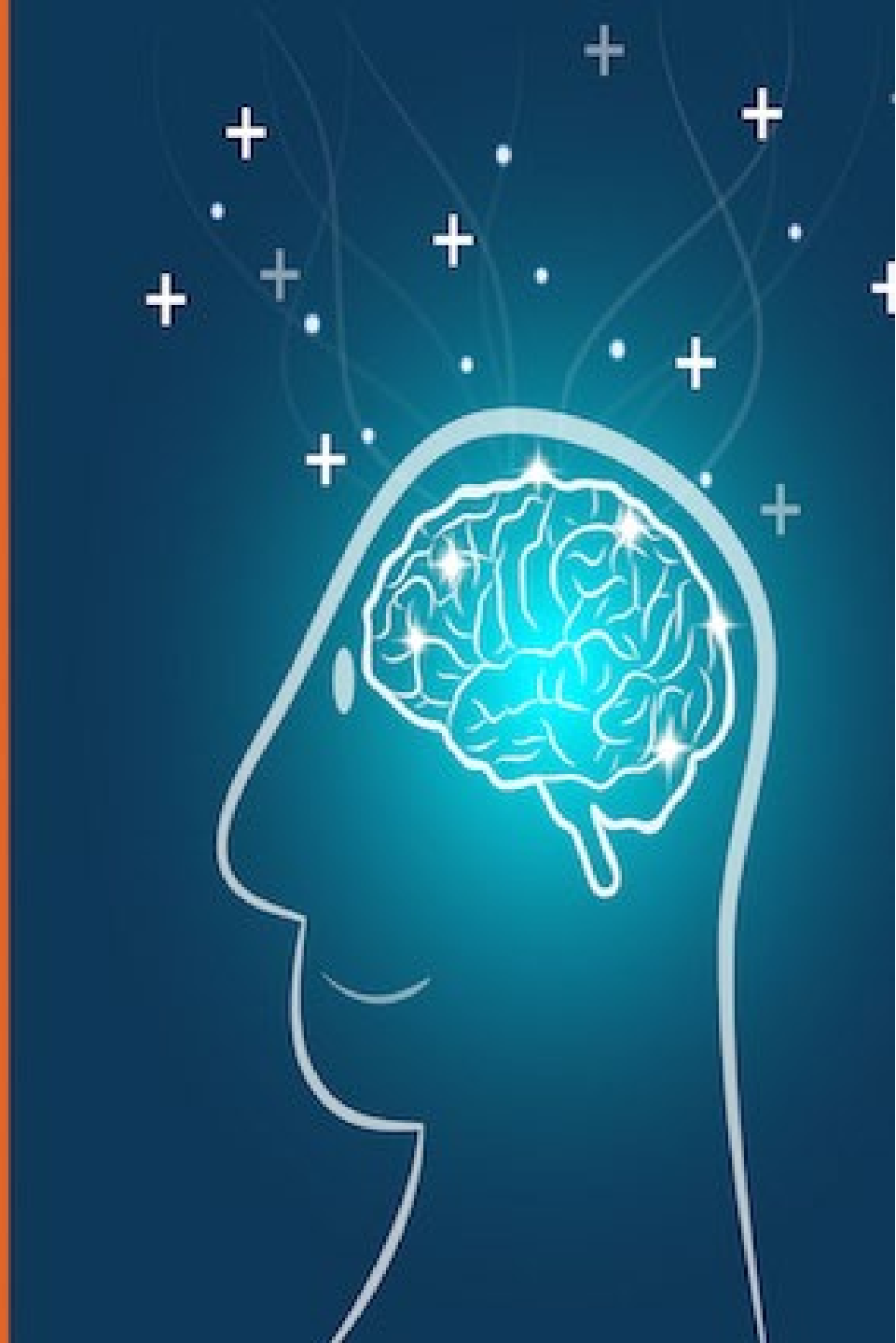
My dream is that in the future we won't use words like over-represented, at-risk and vulnerable to describe First Nations, Inuit and Metis children, but words like healthy, strong, proud, and having their rights respected.

Cindy Blackstock

Grounding and Check In – Why is it Important?

- Practice of self-reflection
- Facilitates emotional settling
- Creates a generative and compassionate social field
- Increases readiness to be together; builds community

Mental Models





Shifting Mental Models

(Elena Aguilar)

Greet the mental model with curiosity.

Where might this mental model have come from? What might be all the elements that contributed to its creation?

What's the impact of holding this mental model? What can and can't I do if I hold it? How has it served me to hold it, and what might be possible if it shifted?

Look for any-and-all evidence that the model might not be "true."

Commit to trying something new to test the mental model.



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THE SYSTEMS ICEBERG

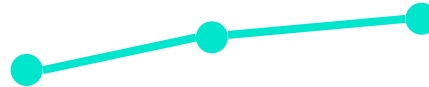
REACT

SYMPTOMS



ANTICIPATE

PATTERNS & TRENDS

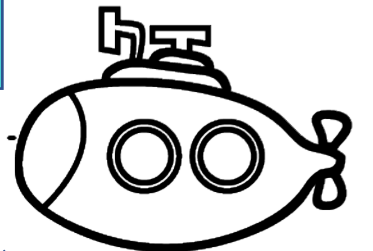


DESIGN

STRUCTURES & PROCESSES

TRANSFORM

MENTAL MODELS





How did it go?



What is Compassionate Leadership?

The collective capacity of a human community to shape its future

Grounded in care creativity and courage

Builds from the personal mastery and personal growth

The ability to motivate others and nurture generative work

Contrasted with hierarchical positions of authority



LEADERSHIP



COMMON
HUMANITY

Just Like
Me
Practice



Compassion is a way of being and leading...a mindset

Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future."

Nelson Mandela

I believe that at every level of society - familial, tribal, national and international - the key to a happier and more successful world is the growth of compassion

His Holiness the Dalai Lama





Compassion is.....

.....the “feeling that arises when you are confronted with suffering and feel motivated to relieve that suffering.”



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Individual & Broad Compassion



Compassion unfolds when.....



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PRESENT AWARENESS - of our own and others experience

FEELING – being emotionally or cognitively moved by this

DESIRE to see the relief of that suffering (intention)

ACTION – respond with kind intention)

a **WARM GLOW** (“intrinsic reward”)

Compassion has Three Components

Mindfulness

Recognizing when when we or others are stressed or struggling without being judgmental or over-reacting

Kindness

Being supportive and understanding towards ourselves and others when we're having a hard time, rather than leaping to negative narrative and judgement.

Common Humanity

Remembering that everyone makes mistakes and experiences difficulties at times. We all experience suffering.....it is what connects us as humans

What
compassion is
not



Empathy

Pity

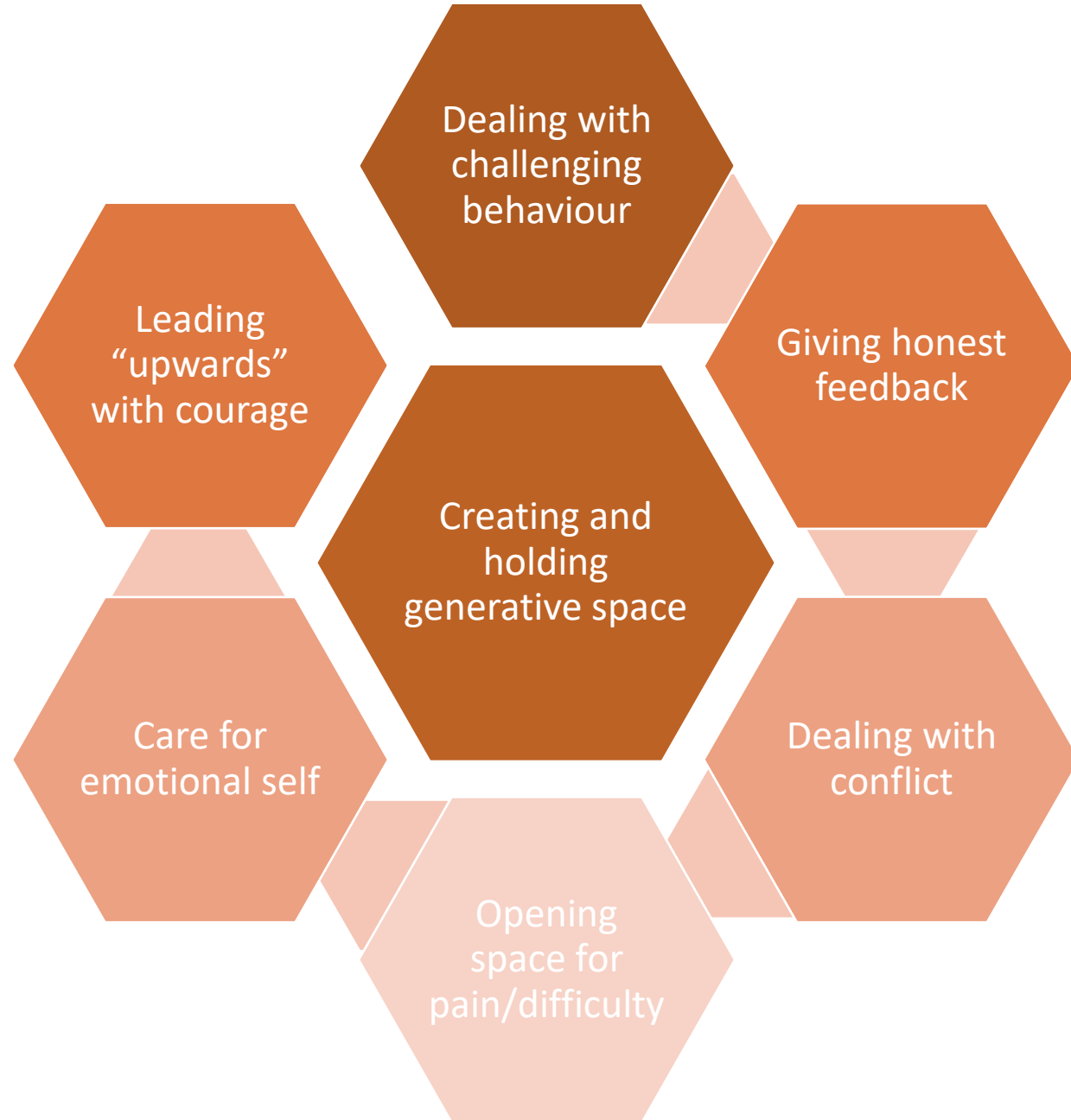
Selflessness

.....



Compassion
fade and
fear.....why?

What does it mean in practice?



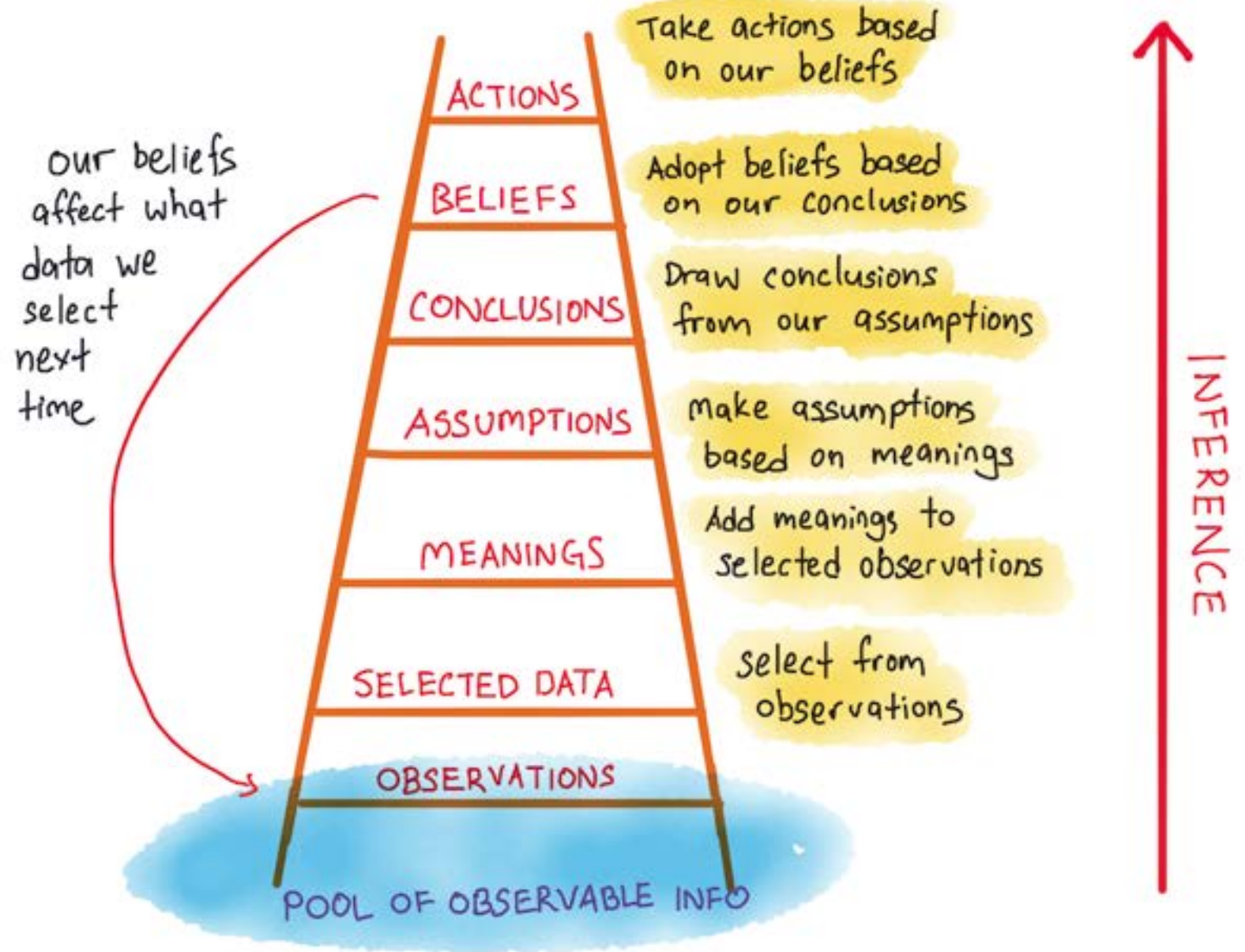
Compassion can
and must be
cultivated.....like a
muscle!

Practice is
everything





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[The Ladder of Inference - YouTube](#)

A vibrant sunset scene with a mix of orange, red, and blue hues in the sky, reflected in the water. The foreground shows a sandy beach with a reflection of the sky.

Site Groups Discussion

Talk about a time you experienced going up your ladder

What kind of emotions, bias were at play?

Do you have any reflections about mental models that might have been at play?



Self-Compassion Practice

A foundation for sustainable
compassionate leadership



- Continue your conversations about how you lead with compassion
- Reflect on your own personal practice and development.
- Take the self compassion and fears of compassion questionnaires
- What structures and processes can you put in place to support your team build compassion?

**See you next on
17th of April, 2025
8:30 a.m. Pacific Time**



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Thank You!



Ministry of
Education and
Child Care

HUMAN
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