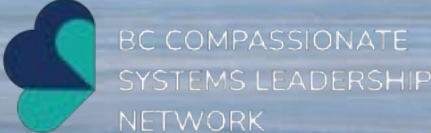



SEY2KT LEARNING COMMUNITY COMPASSIONATE SYSTEMS LEADERSHIP

FEBRUARY 13, 2025



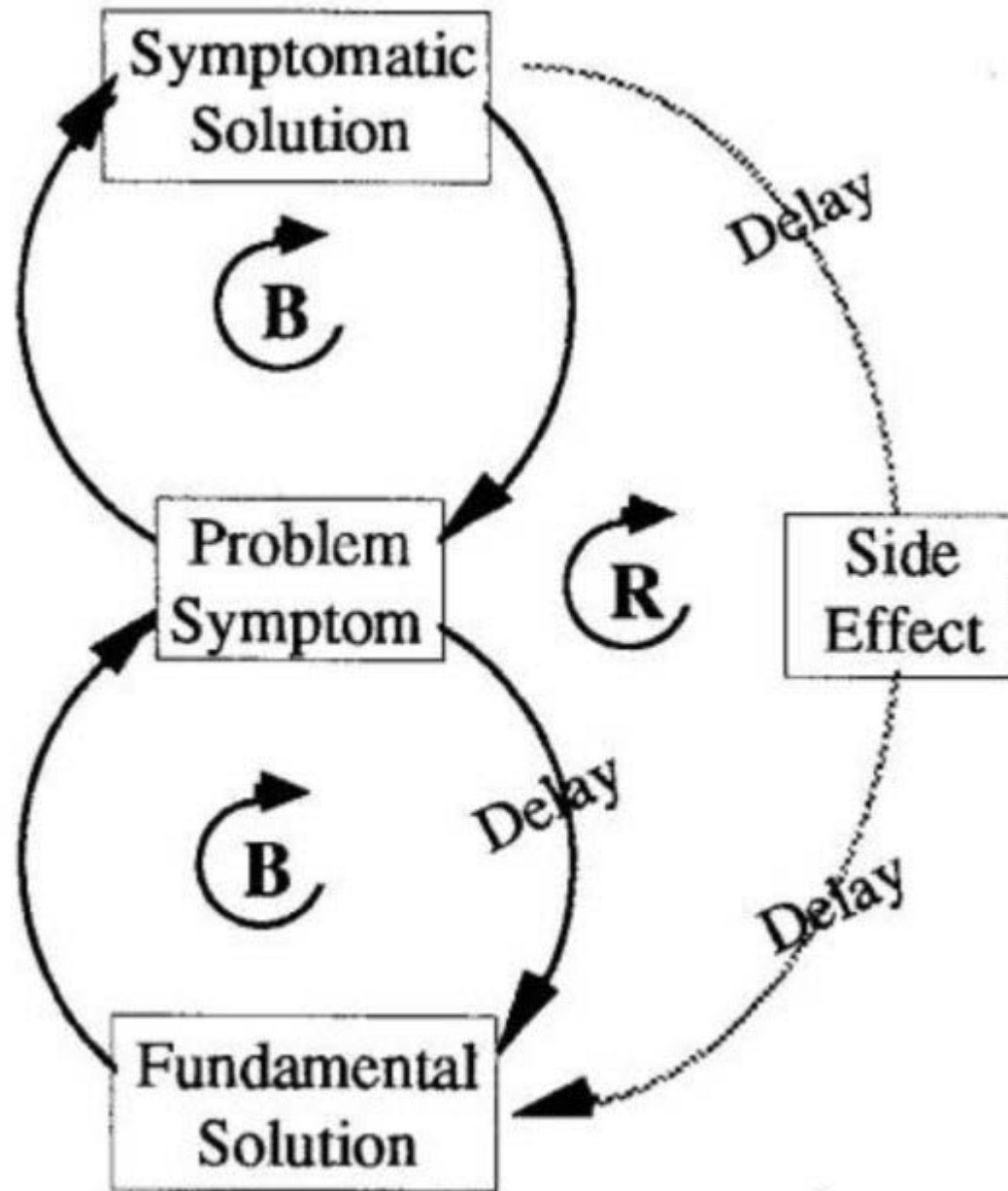


My dream is that in the future we won't use words like over-represented, at-risk and vulnerable to describe First Nations, Inuit and Metis children, but words like healthy, strong, proud, and having their rights respected.

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



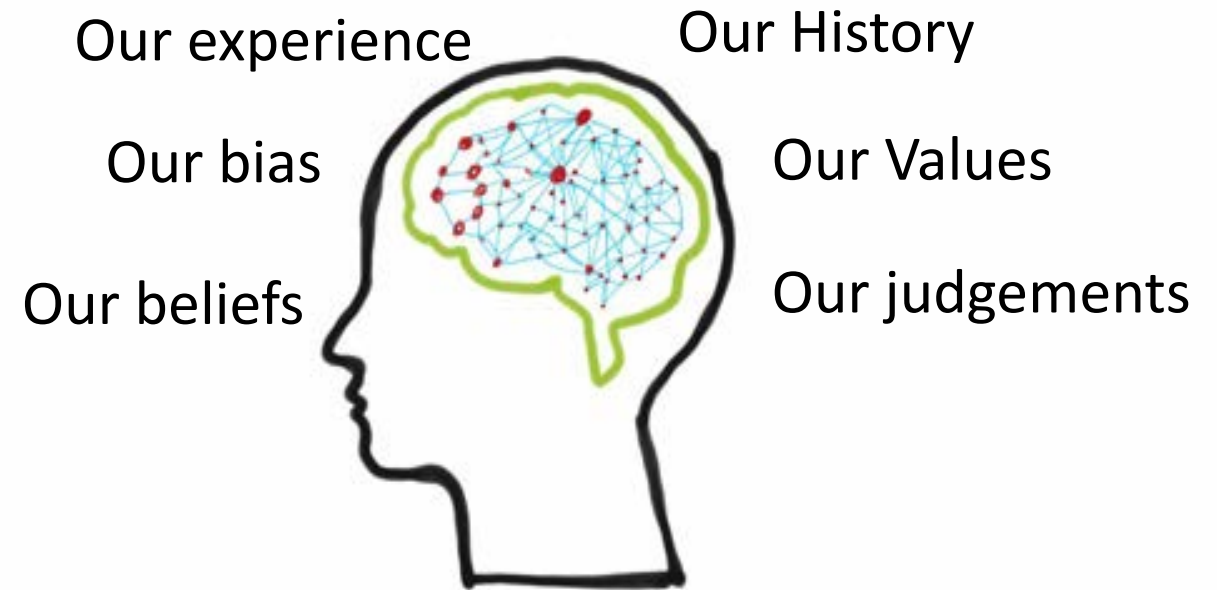
Shifting the Burden



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“Mental models are deeply held internal images of how the world works, images that limit us to familiar ways of thinking and acting. Very often, we are not consciously aware of our mental models or the effects they have on our behavior.”

Peter Senge





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



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



The background of the slide features a serene sunset scene. The sun is a bright, glowing orb positioned slightly to the right of the center, casting a warm, golden light across the sky and reflecting on the calm water below. The sky transitions from a deep blue at the top to a soft orange near the horizon. In the foreground, several thin, dark blades of grass or reeds are silhouetted against the bright light of the sunset, creating a sense of depth and texture.

Compassion is.....

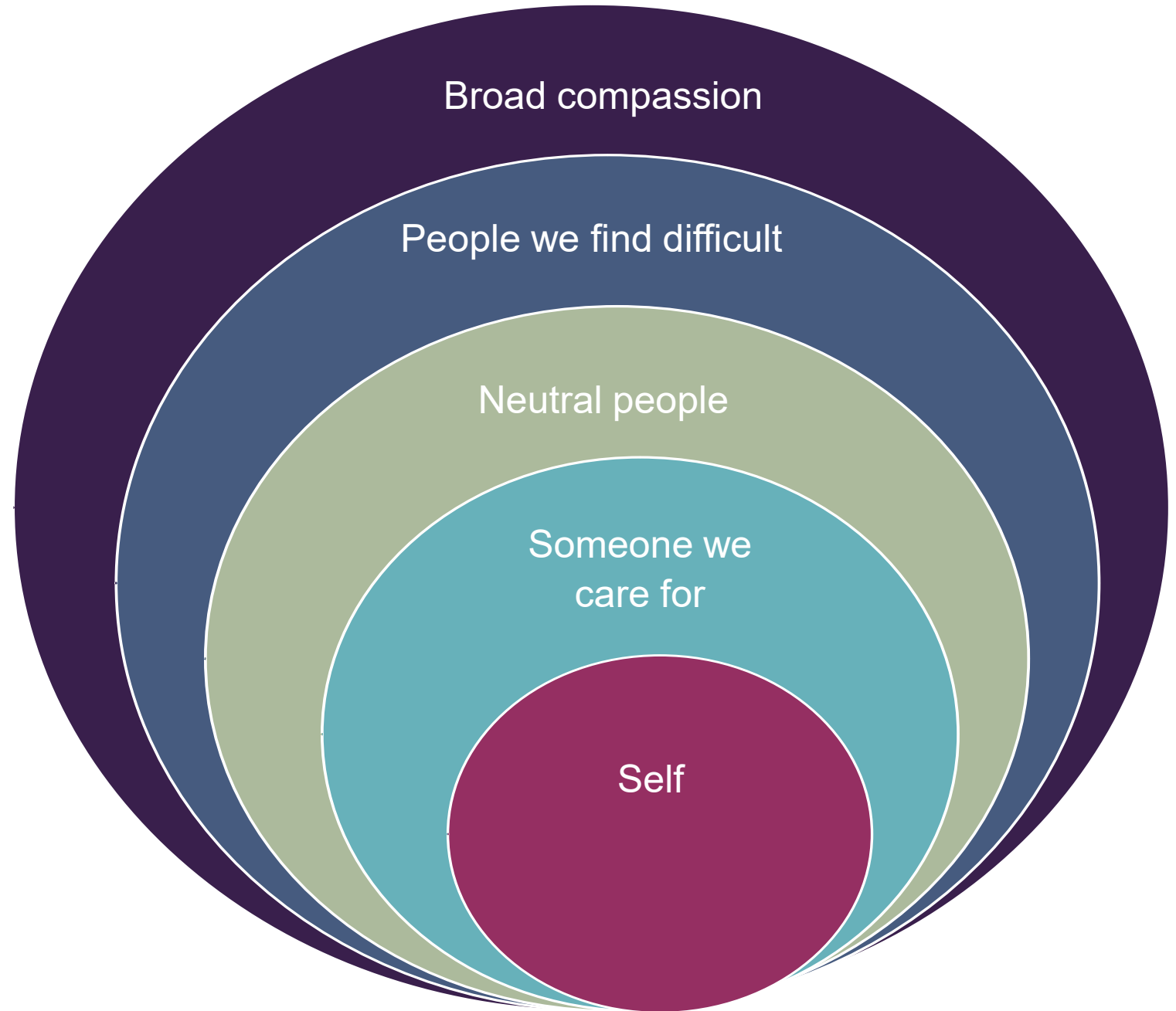
.....the “feeling that arises when you are confronted with suffering and feel motivated to relieve that suffering.”

And you act.



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Self-Compassion & Compassion for Others



Compassion unfolds when.....

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”)

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



Compassion
fade and
fear.....why?

Tender
compassion...



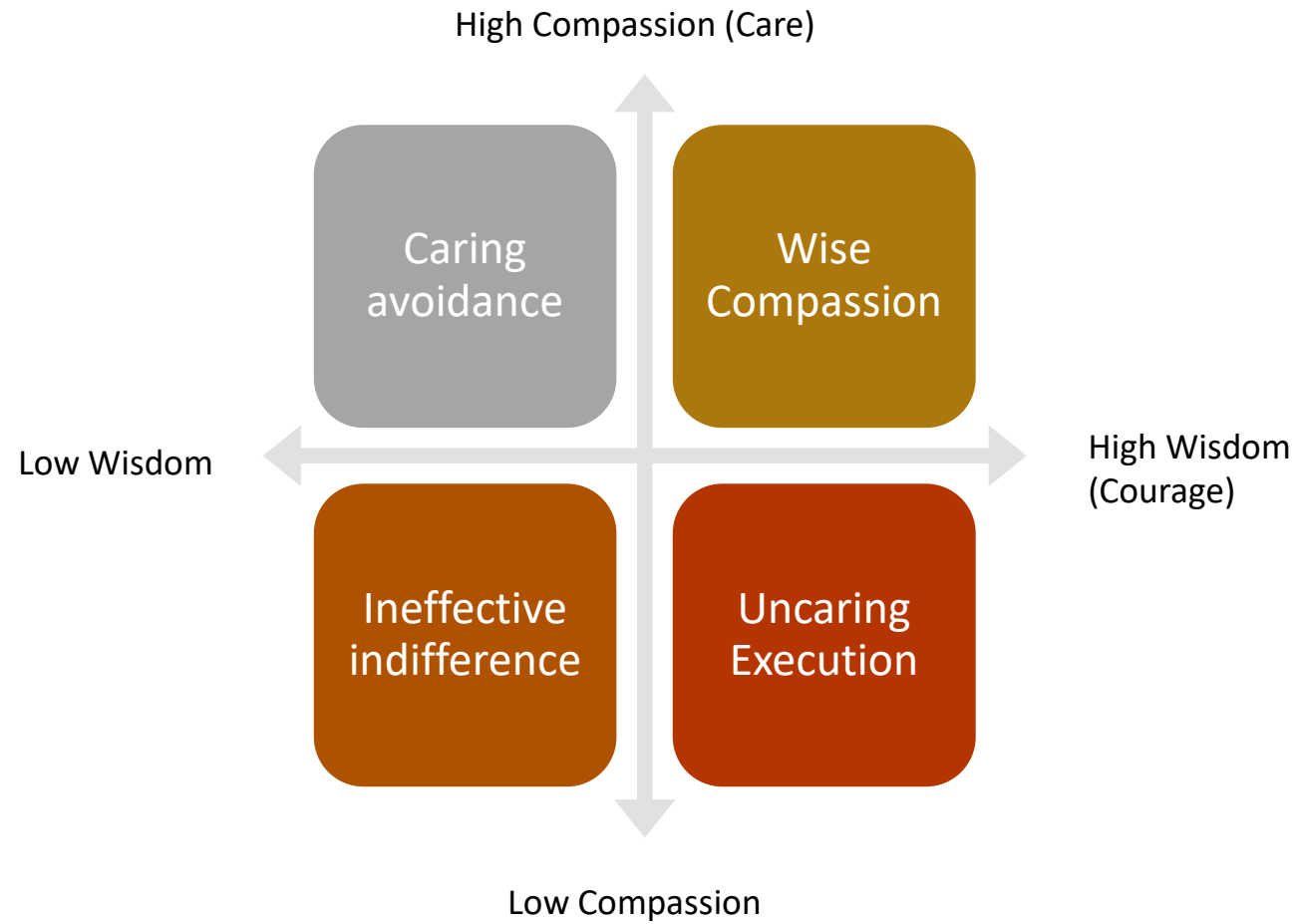
Fierce
compassion...

Tender compassion involves “**being with**” our own and others suffering: **comforting, reassuring and tending**.

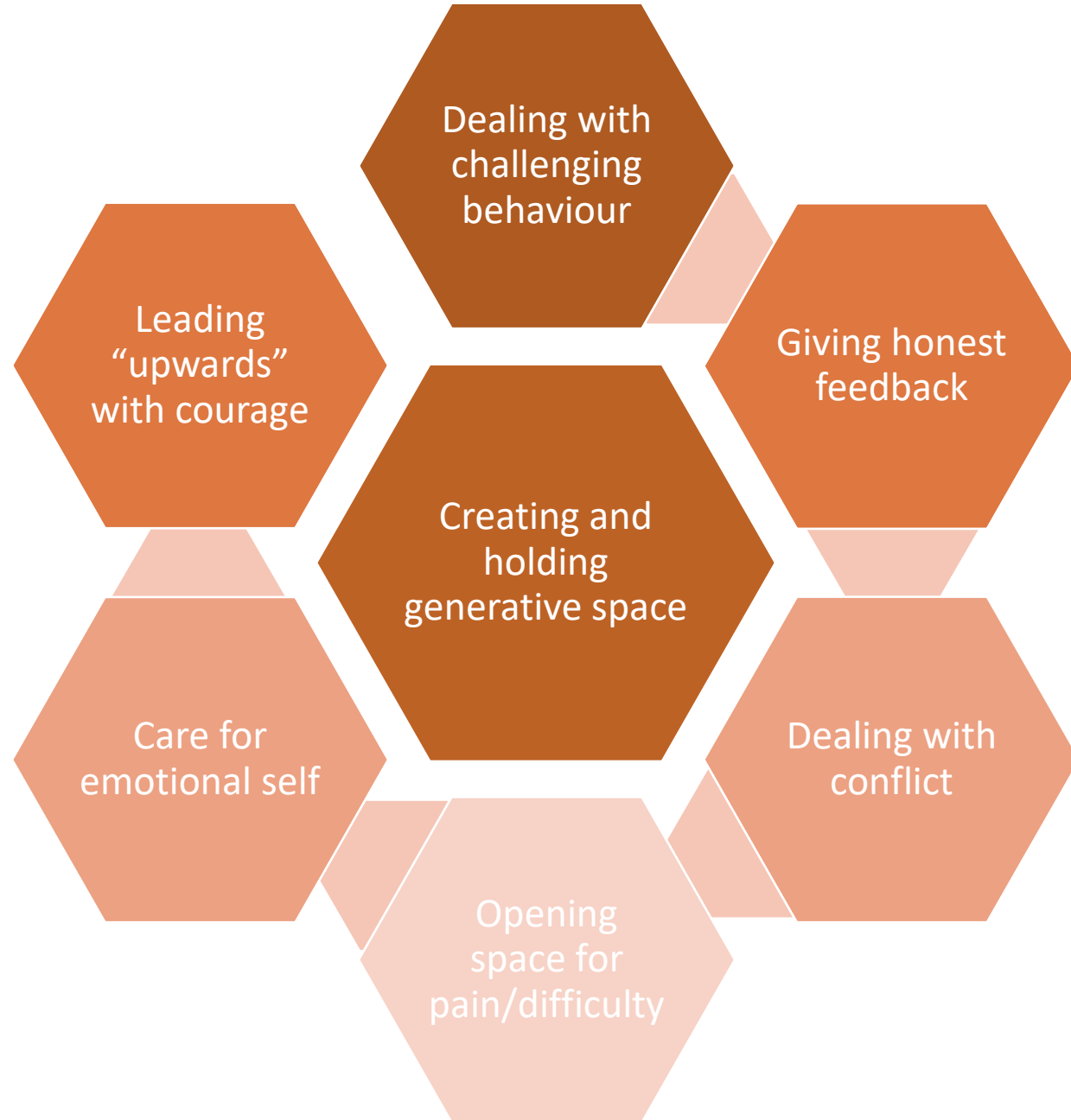
Fierce compassion involves “**acting in the world**” to alleviate suffering. It tends to involve protecting, providing for, and motivating ourselves and others. Sometimes we need to **stand tall and say no, draw boundaries, or fight injustice**.

Leading with Compassion

The wise compassion matrix



What does it mean in practice?





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**Caring
transparency**
Clarity is kind

**Caring
Presence**
Be here now

**Caring
Candour**
Direct is faster

Caring courage
*Courage over
comfort*



Modelling and
personal mastery

Building structures
and processes

The only way is
through

Compassion is
cultivated.....like a muscle!

Practice is everything.





Site Groups Discussion

How have you understood compassion in your life and work?

What comes up for you when listen to this exploration of compassion?



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
10:45 a.m. Pacific Time**



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Thank You!



Ministry of
Education and
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