**Exercise 1**

Length of Exercise:

Working in pairs, please explain your understanding of what compassion is:

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|  |

Please provide one example of compassion each,

that you have witnessed or experienced:

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**Exercise 2**

Length of Exercise: 3 minutes

In groups, spend a few minutes considering and discussing your top three values and note them below:

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| --- |
| **1.****2.****3.** |

Please provide an example of values you would like to see in...

|  |
| --- |
| **Colleagues…****Managers…****Leaders…** |

**Exercise 3** - Group 1

Length of Exercise: 10 minutes

Think of a really good day in work. Discuss in your group:

|  |
| --- |
| **What was going on that day?****Why was it a good day?****What interactions were happening?****What were you seeing/experiencing?** |

**Top Tip:**

Refer to values from the previous exercise and draw parallels. When values are compromised, how does that affect behaviours? ​

**Exercise 3** – Group 2

Length of Exercise: 10 minutes

Think of a really bad day in work. Discuss in your group:

|  |
| --- |
| **What was going on that day?****Why was it a bad day?****What interactions were happening?****What were you seeing/experiencing?** |

**Top Tip:**

Refer to values from the previous exercise and draw parallels. When values are compromised, how does that affect behaviours? ​

**Exercise 4**

Practice of Attending

In pairs, listen attentively while your partner describes the most difficult aspects of their work. Make some notes below:

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| --- |
|  |

In pairs, practice reflective listening and understanding.

Your partner describes a difficult aspect of their work and listener summarises their understanding. This is to the satisfaction of the person describing the difficulty.​

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| --- |
|  |

**Exercise 5**

Discuss and write down some statements that would describe the working environment you would want to experience every day in work​:

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| --- |
|  |

**Exercise 6**

Self-Compassion & Self Awareness

How do you show compassion for yourself?

How do you press the reset button? Describe some examples of good practice ​below:

|  |
| --- |
|  |