



# LEADING WITH COMPASSION



When we think of the best leaders we have worked with and that have inspired us, we always remember how they made us feel. When we lead with compassion, we have the ability to listen to what's most important, we understand what it feels like to be in someone else's shoes, and we have taken the extra step to ensure others feel seen, heard, and cared for.

Learn how to lead with compassion in this interactive session.

## **LEARNING OBJECTIVES:**

- Define the key traits of compassionate leadership
- Explore the neuroscience of compassion
- Learn personal strategies to strengthen self compassion
- Discover simple tools and tips to embody and integrate compassion as a daily practice at work and at home