

# 15 Practices for Compassion at Work



## What's the story I'm telling myself

Recognizing our fears, insecurities and made up worst case scenarios and being curious about what our underlying beliefs and needs are.



## Recognizing feelings and needs

Expanding our vocabulary for feelings and understanding their link to universal human needs.



## Body feelings scan

Recognizing feelings in your body and responding to them with compassion.



## Ways to ask for what you need

Making requests and resolving conflict through recognizing all our needs.



## Empathy guesses

Listening and identifying what others may be feeling and needing as a way to make compassionate connections.



## Soothing touch strategies

Soothing difficult feelings through compassionate touch.



## Empathy and compassion in emails, texts, messages and reports

Writing in a way that removes evaluation, judgment and blame so that our message can be heard clearly.



## Showing up with compassion in online meetings

Listening and responding in video meetings with attention, empathy and compassion.



## Compassion in challenging conversations

Recognizing the needs of ourself and others so we can problem solve together.



## Compassion in getting and giving feedback

Knowing when we are in the right place to offer feedback, how to do this so we will be heard and understanding how we can receive feedback without hearing criticism.



## Celebrating and recognizing strengths and successes

Identifying how our actions have met the needs of others and ourselves and ways to share this.



## Meaningful appreciation for others

Giving appreciation by sharing the needs that have been met by the actions of another person.



## Connected gratitude

Linking gratitude to feelings and needs.



## Calming your inner critic

Responding with compassion to messages from your inner critic.



## Affectionate breathing

Breathing into areas of your body and sending compassion to areas of tension.