

Compassion: A Time and Place in the Collaborative Process Outline

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| 20 minutes | I. | Introduction and sharing compassion narratives |
| 45 minutes | II. | Meet the Sisters – Compassion, Empathy and Sympathy
Definitions
Biology
How they work together
Identifying and separating the feelings |
| 15 minutes | III. | Group exercise – defining and giving voice – how I recognize the feelings in my body and thoughts |
| 20 minutes | IV. | Client presentation – what a bid for emotion looks and feels like
What about my client grabbed my heart and changed my behavior
Identifying my responses and impact on my client and my team |
| 45 minutes | V. | Tool kit
Identifying compassion traps
Setting boundaries
Effective responses for emotional bids
Team support and feedback |
| 30 minutes | VI. | Tool practice |
| 5 minutes | VII. | Closure |