



# Compassionate Leadership Monthly Series Session 3: July 15, 2020

# Creating a Culture of Care Self-Work

- ♥ What concrete steps did you take to show yourself love & compassion since our time together last month?
- ♥ What ideas or actions did you use to support yourself in continuing to practice self-love and compassion?



# Compassionate Leadership

Respecting the dignity of others, acknowledging the full context of their lives, and recognizing that people who are valued create value.\*



# Strengths of a Compassionate Leader

Value-based

Supports a culture of care

Leads with love & care

Holds a practice of gratitude

Nurtures growth & balance

Maintains perspective

Leads with authenticity

Leads with honesty & integrity

Gives time for connection &  
communication

Inspires & promotes empowerment

Creates an atmosphere of trust



# How To Know If You Can Trust Someone - Brené Brown - BRAVING

Play Video:

<https://www.youtube.com/watch?v=1EXMsKZAeL0&feature=youtu.be>



# B.R.A.V.I.N.G Debrief\*

- **Boundaries**
- **Reliability**
- **Accountability**
- **Vault**
- **Integrity**
- **Non-judgement**
- **Generosity**



# B.R.A.V.I.N.G EXPLORATION

This month, bring attention to these two aspects of creating an atmosphere of trust within your program.

 **Boundaries**

 **Reliability**

Q: What are your strengths and areas for growth?

Q: What do you notice about your own leadership and those around you when bring intention to boundaries and reliability?





We are here to provide you support. Please contact us anytime.

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