



# 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

Leads with love & care

Nurtures growth & balance

Leads with authenticity

Gives time for connection & communication

Creates an atmosphere of trust

Supports a culture of care

Holds a practice of gratitude

Maintains perspective

Leads with honesty & integrity

Inspires & promotes empowerment



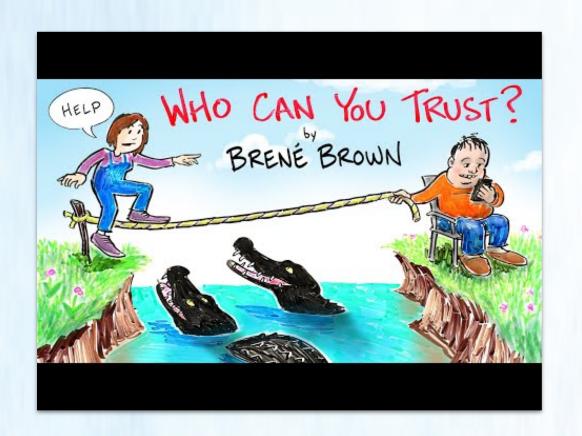
## **Creating an Atmosphere of Trust**



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

Play Video:

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



### **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.



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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