

DEFINITION:- Compassion is not the same as **empathy** or **altruism**, although the concepts are related. While empathy refers more generally to our ability to take the perspective of and feel the emotions of another person, compassion is when those feelings and thoughts include the desire to help. Altruism, in turn, is the kind, selfless behaviour often prompted by feelings of compassion, though one can feel compassion without acting on it, and altruism isn't always motivated by compassion. *Greater Good Science Centre, UC Berkeley*

COACHING WITH COMPASSION

Coaching with Compassion: Inspiring health, wellbeing, and development in organisations An article featured in the Journal of Applied Behavioural Science, Boyatzis, Smith & Beveridge propose a model stating that "*coaching with compassion invokes a psychophysiological state that enables a person to be open to new possibilities and learning*".

COMPASSIONATE LEADERSHIP

Self-assessment tool – are you a Compassionate leader?

"Compassion has become increasingly recognised as a foundation aspect of leadership" This self-assessment tool from HBR allows you and/or your client to discover how compassionate a leader you are.

Compassionate Leadership: What is it and why do organisations need more of it? In a research paper from Roffey Park Institute, Meysam Poorkavoos addresses why compassion is so scarce in organisational life, what constitutes compassionate leadership and whether there is a business case for compassion.

Cultivating compassionate leadership in a crisis A timely article from McKinsey, stating that there are four qualities that are equally critical for business leader, their organisations and their people in a crisis, and that these four qualities set the stage for business recovery. Read on to find out what these qualities are.

COMPASSION IN BUSINESS

How compassion builds better companies

An article that was adapted from the LinkedIn CEO, Jeff Weiner's graduation address to the graduating class of Wharton Business School in 2018.

Compassion at work toolkit A report on what can happen in organisations when empathy and compassion are missing from the workplace. The report shows the impact that empathy and compassion can have on business by improving both wellbeing and productivity.

VIDEOS ON COMPASSION

Conversation on Compassion with Eckhart Tolle Spiritual teacher and Author of *The Power of Now* Eckhart Tolle in conversation on compassion and lots more!

Everyday compassion at Google In this TED Talk, Google's "Jolly Good Fellow" Chade Meng Tan talks about how the company regularly practices compassion in everyday business.

SELF-COMPASSION

Give yourself a break: The power of self-compassion This HBR article makes a case for how being kinder to ourselves can create a greater sense of self-worth.

Why successful people choose self-compassion over self-esteem Melody Wilding says that self-compassion does not mean 'letting yourself off the hook'; it is instead about having a growth mindset that gives you authentic confidence.

The five myths of self-compassion In this article published by Berkeley's Greater Good Science Centre, Kristin Neff tackles the misconceptions that stop us from being kinder to ourselves.

Does Mindfulness Make You More Compassionate? Shauna Shapiro states that mindfulness is more than just '*moment-to-moment awareness*' and that actually '*the exploration of mindfulness requires great sensitivity and a range of methodological glasses.*'

stop comparing yourself to others.

