



# LEADING WITH COMPASSION

For the first time in the third sector! Join this online programme bringing two sets of behaviour together – leadership and compassion.

- 8 week online course – 1-2 hours per week
- Fully funded by Scottish Government
- Developed by **Stanford University-based professors** and subject matter experts within the Centre for Compassion, Altruism and Education
- **Scientifically proven** impact on job related competencies and psychological well-being
- **Have meaningful conversations with a peer** – each week you will meet with a learning partner to discuss guided reflective questions to explore the topics from your own context and experience
- **Convenient** – work efficiently when convenient for you and your partner

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COMPASSION FOR SELF | COMPASSION FOR OTHERS | RECEIVING COMPASSION

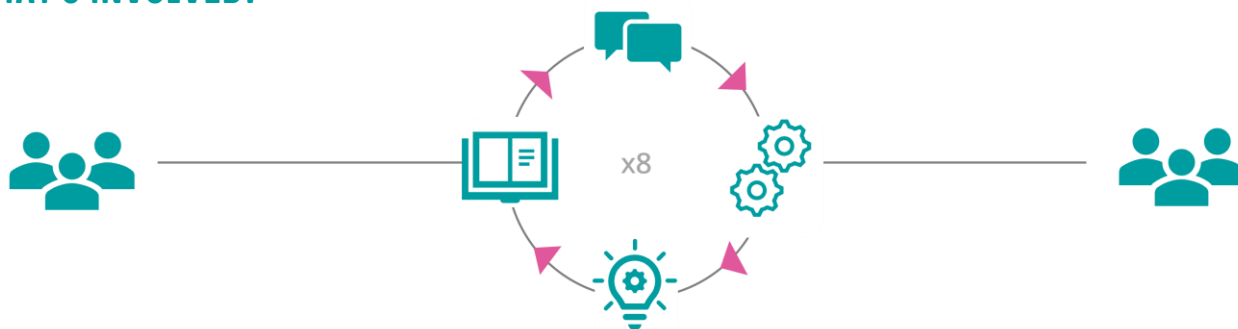
Join this fully funded pilot online programme bringing two sets of critical behaviours together – leadership and compassion.

Leading with compassion has a ripple effect – not only do people who receive compassion benefit from it, but the person demonstrating compassion also benefits, as do those who witness compassionate acts.

The course has been delivered to thousands of learners in the corporate and academic sectors, with proven results in reducing stress and anxiety and increasing leadership, teamwork, and compassion for self and others.

We are excited to be piloting this programme for the first time within the third sector in Scotland.

## WHAT'S INVOLVED?



### Welcome session

1 hour

- Get an overview of how the weekly sessions work
- Meet others you will be sharing the learning experience with
- Opportunity to ask questions

### Weekly read > discuss > practice > reflect cycle

1.5-2 hours each

Each week, for 8 weeks:

- Read (or listen to) cutting edge behavioural research
- Meet your learning partner to bring the reading to life and explore what it looks like in your own experience and context
- Put your learning into practice
- Reflect on your experiences in your personal journal
- On weeks 1, 6, 7, 8 complete a psychometric survey to help identify changes in your behaviour and mindset linked to programme outcomes

### Closing session

1 hour

- Action planning
- Share reflections and hear experiences and insights from others in the cohort
- Provide feedback on pilot

As this is a pilot, we will be asking for participants feedback on their experience of the programme. This will be collected via a couple of short surveys and as part of the wrap up session.

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## PROGRAMME CONTENT

	Topic
1	Leading with Compassion
2	Personality, EI, and Compassionate Leadership Skills
3	The Dark Side of Leadership
4	Compassionate Leadership Styles
5	Compassionate Leadership Power
6	Leading and Building Compassionate Leadership Team
7	Motivation and Compassionate Leadership
8	Continuing Development of Myself and Others

## PROGRAMME DETAILS

### Dates and times

**Welcome session** – Tuesday 22 October, 10-11am

**Weekly sessions** - arranged between you and your partner each week at a mutually convenient time

**Closing session** – Tuesday 17 December, 10-11am

**Location:** Online

**Cost:** Fully funded by Scottish Government

**Spaces:** We can welcome up to 28 learners onto the pilot

## WHO IS IT FOR?

It is suitable for any aspirational leader, current leader or manager who wants to further oneself, or team members who see more opportunities to grow both as a leader and compassionate person.

For this pilot, learners must be located in Scotland and working or volunteering in community focused organisations.

## OUTCOMES



Reduction in stress, anxiety, and depression



Increase in leadership and teamworking capability



Increase in compassion for self and others

## MORE INFORMATION

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Developed within:



In partnership with:



Pilot funded by:



Scottish Government  
Riaghaltas na h-Alba  
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