

Way to Wellbeing



Making workplace wellbeing a reality

A Guide to Compassionate Leadership



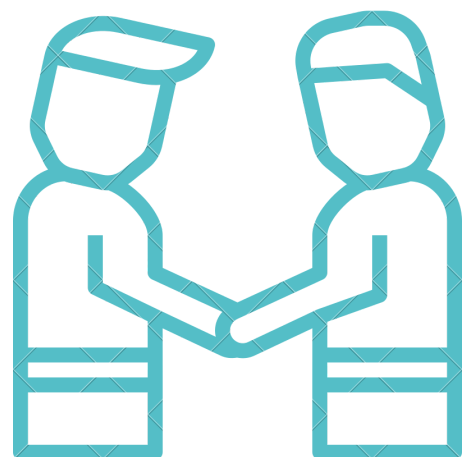
"Compassionate Leaders inspire and motivate by listening, empathising, and empowering."

Start with self-compassion - nurture and connect to you



Move from a culture of blame towards learning & growth

Be curious & open-minded



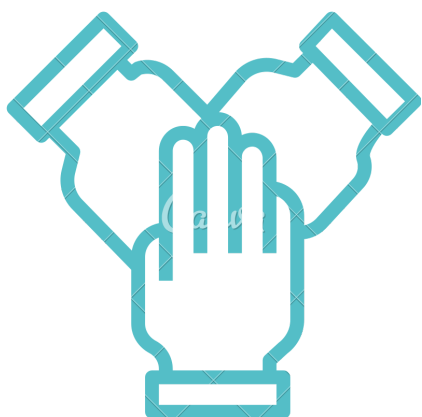
Treat everyone with respect and dignity

Actively listen to your team's ideas, feedback and challenges



Model expressing emotion and normalise empathy

Communicate clearly, openly and consistently



Engage everyone in the vision and values and live these values