

Take 5... and make a table of 6!

An offer for you to organise five people from any network to attend this year's Compassion Revolution Conference.

Making work beautiful.



Compassion Revolution Conference
24 & 25 October, 2023
Fed Square, Naarm (Melbourne)

Compassion
Revolution

We acknowledge the Traditional Owners, the Wurundjeri Woi-Warrung people of the Kulin Nation, on whose land our conference will be held. We pay our respects to the Elders past and present and extend our respect to Aboriginal and Torres Strait Islander people from all nations of this land.



We ALL need this. Our systems need this, the people our systems serve need this, and the people who make our systems work need this. You need this, more than you could possibly know.

Elizabeth,
2022 Conference Participant





A revolution calls for people to take action and make change. This your call to that action.

We're gathering a groundswell of people — all taking action to build more compassionate, safe and high quality health and aged care services.



We invite you to mobilise a team of your own people, from any of your networks: community of practice; reflection group; coaching team; or good friends; to come and be with the Compassion Revolution Conference. We'll support your team to find ways to embed compassion into work-life practice and build a body of knowledge to take back into the world.

Research tells us when people come together as a team to learn and reflect they experience what Dacher Keltner (author of *In Awe: The Transformative Power of Everyday Wonder*) calls a 'collective effervescence' that sparks innovation, momentum and a greater sense of individual and collective wellbeing. Isn't that exactly what we all need right now?

This year, for the first time, we're introducing a pre-conference preparation practice that commences in mid September. We will be inviting participants to join our speakers and conference team in a full month of gratitude practice. It's going to be an easy, joyful month across the Compassion Revolution community. We're doing this because we see the distress that the workforce is experiencing right now and we want to be in the right frame of heart and mind to soak up the learning. Your team can enjoy this and spread the practice across all your networks in the lead up to the conference.

Here is our offer to your group.

Take five people from your networks, include yourself and make a table of six!

For a table of six or more people we offer the following benefits:

- » Facilitated Zoom follow-up session with Mary and key speakers to recap key learnings from the conference and workshop ways to bring these alive in your work-life.
- » A signed copy of *Compassion Revolution: Start now, Use what you have, keep going.*
- » A gift to support your ongoing practice of compassion.
- » Ticket discount: **\$1,300 per person** (saving \$75 each)



Hosted by Freerthinking, Compassion Revolution brings a conference like no other. Yes, we take on some conference norms like seating conventions, a stage and a screen, but our conference invites intimacy, intelligence and transformation.

About the conference



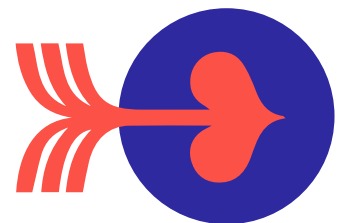
Over the course of two days we will gather 200 thinkers, dreamers, and doers to fundamentally reimagine the world of work in this moment of crisis. Compassion Revolution is on a mission to bring the muscularity of radical compassion front and centre to the world of work. We are deeply invested in transforming workplace culture and helping organisations to grow the leadership skills and moral imagination that we need right now and into the future. We care to see more people flourish.

From the first conference in 2019 we have positioned ourselves as a leading social change event that is shaping the conversations and the direction of the work of care.

We aim to unite revolutionaries across many different fields and sectors from health, aged care to education and human services. We're building a global ecosystem of thinkers and doers who are researching and creating change in the fields of compassion, neuroscience, systems thinking and regeneration.

**Watch 2022
Conference
highlights here**

<https://vimeo.com/836380510>



Compassion Revolution fosters collaboration, cross-pollination and regenerative thinking to inspire all of us to create a more compassionate world.

2023

Making work beautiful.

Work is a social determinant of wellbeing
— so let's make it beautiful.

This year's conference theme, Making Work Beautiful is a two day exploration of the world of work with a focus set on how we might repair and grow. During our time together we will create some cracks in the old story of work that dominates, so we can live out our dream of being truly human at work.

Our keynote speakers bring international expertise in the fields of post-traumatic growth; neuroscience, workplace burnout, the mental load of clinical work, growing new business models for the future, compassion research and practice.

You can see the whole program and read more about our speakers here:

<https://compassionrevolution.care/compassion-conference>



Dr Sará King
(USA)



Shannon Webber
(USA)



Cessalee Stovall
(AUS)



Dr Kate Bowles
(AUS)

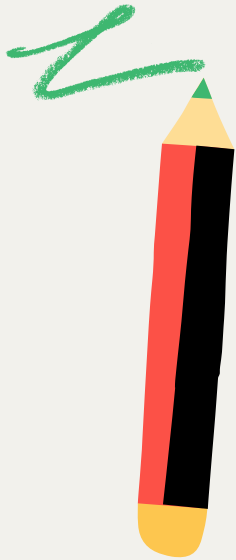


Dr Selma Quist Møller
(Copenhagen)



Mary Freer
(AUS)

Our case for this year's focus



In our fifth year of coming together as a community of revolutionaries we are turning our attention to the place of work in our lives.

The way we work, the environments we work in, the relationships we form, the social capital we exchange and the care that we give, can all be in service to building a kinder and more compassionate world. This is the work of a Compassion Revolution.

Across Australia, Emergency Departments are overflowing, ambulances are ramped and waiting lists for elective surgery and specialist care are at record levels. Our healthcare workforce are tired of being exhausted and their intention to quit grows each year.

Over the last three years we have responded to the upheaval, uncertainty and over-work, by contracting. Our collective nervous system has contracted and our carefree lives have shrunk. We need to urgently set about helping one another to expand back into shape. This is the beautiful work of our time: growing back into the full roundness of our lives. **Mary Freer**

While the rest of the world experienced the Great Resignation here in Australia we're feeling the impact of the Great Burnout. Everywhere we look we see a workforce that is anxious and exhausted from three years of pandemic living. The pandemic, particularly lockdowns, took a significant toll on the mental health of the Australian workforce. Although we've been desperately waiting for life to return to "normal", pandemic-related disruptions remain.

Making Work Beautiful is a story of cooperation and shared responsibility that will build organisational structures of support to enable us to all flourish.

2022

Conference Overview

Theme: Critical Connections



3
Days

26
Speakers

200
Participants

Day 1: Session with Alok V Menon at Fed Square

Day 2 & 3: St Kilda Beach, Melbourne

2 arts programmed
performances



Miss Cairo
Cabaret Diva



Eleanor Blythman
Opera Singer



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In gratitude to our 2022 Sponsors:

AlfredHealth



Department
of Health

This is a space and time that enables people to think, share, consider and generate ways and ideas to spread compassion. It is extremely timely given our current climate in health care.

Louise,
2022 Conference Participant



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Join the Revolution

Contact us today

Call: 0438 845 200

Email: mary@freerthinking.com.au