

A compassionate
thriving workplace
starts here.

Aotearoa New Zealand

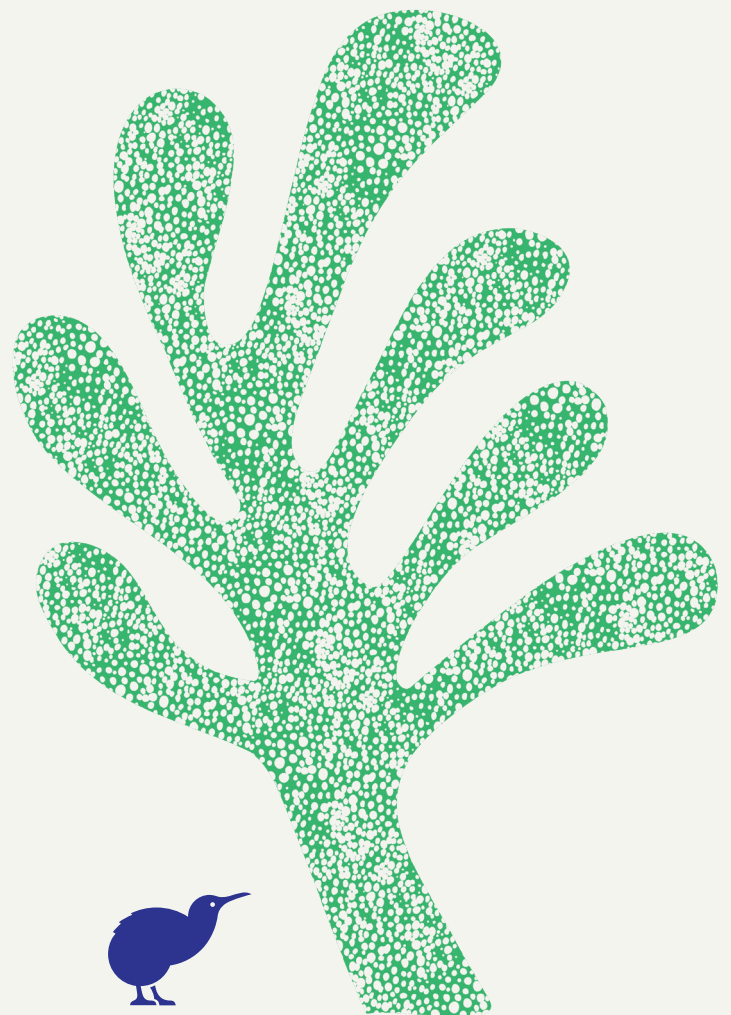
Compassion Lab

Tāmaki Makaurau
Auckland

22 August 2024

Ōtautahi
Christchurch

23 August 2024



Love in Action



compassionrevolution.care

Compassion
Revolution

Compassion Revolution
acknowledges Māori as tangata
whenua and Treaty of Waitangi
partners in Aotearoa New Zealand.





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.

Dr Liz Mowatt
Emergency Medicine Specialist



Compassion Lab as a Catalyst for Systems Change

Compassion Revolution is bringing our much loved Compassion Lab to Aotearoa New Zealand.

We know that compassion is a sensitivity to suffering in ourselves and others with a commitment to alleviating and preventing it.

PROFESSOR PAUL GILBERT OBE REMINDS US THAT:

“...compassion is not just about kindness or ‘softness’ and is certainly not a weakness... it is one of the most important declarations of strength and courage known to humanity. It is difficult and powerful, infectious and influential.”

Compassionate leadership enhances the intrinsic motivation of staff and reinforces their fundamental altruism. Compassion helps to promote a culture of learning where risk taking (within safe boundaries) is encouraged and where there is an acceptance that not all innovation will be successful. This compassionate orientation is diametrically opposed to a culture characterised by blame, fear and bullying.

The evidence of the links between psychological safety, supportiveness, positivity, empathy, leadership and innovation is deep and convincing.

Read about our work to build compassionate ecosystems:
compassionrevolution.care

About Compassion Lab

Compassion Lab introduces participants to the science and practice of compassion.

Much of the time we are reacting from a fight/flight/freeze/faint response. Neuroscience has helped us to understand just how limiting this can be. Our hearing is impaired when we are stressed, our heart rate increases, we become cognitively fuzzy and we develop a pattern of scanning for threat. All of these responses have become entrenched during the global pandemic. For many of us there is a felt sense of dysregulation and a longing to find calm.

Compassion Lab is designed to help people in big systems thrive at work and in their lives. During a one-day lab participants will learn compassionate practices such as: listening with curiosity; building the skill of self reflection; creating environment that they feel safe in; letting go of the demands of perfectionism and embracing creativity and imagination.

Who is a Compassion Lab for?

Our Labs are designed for people who want to develop their skills, expand their leadership offerings, build self-compassion and grow more awareness. We work with clinicians, executives, administrators, consumers, front-line staff and those behind the scenes.

How many people in a Lab?

We hold safe space for 30 people.

Duration

Compassion Labs are run over one day in person where we'll gather together.



More information:
compassionrevolution.care/services/compassion-labs

Your invitation to Compassion Lab

We rarely hold face-to-face Labs outside of organisations. However, we often hear from individuals that they are very keen to experience our beautiful full-day Compassion Lab.

We've got you!

You'll be eager to attend a Compassion Lab if you want to work with more compassion towards yourself, your colleagues, your clients or patients, even in difficult times—these Labs expand what is possible.

COME TO A LAB IN:

**Tāmaki Makaurau
Auckland**
22 August 2024

9.30am—4pm

VENUE

The Generator
12 Madden Street
Wynard Quarter

Morning tea and lunch provided.

COME TO A LAB IN:

**Ōtautahi
Christchurch**
23 August 2024

9.30am—4pm

VENUE

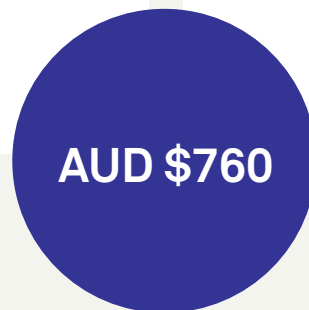
Auaha Hīhī / Spark Place
Tūranga Central Library
60 Cathedral Square

Morning tea and lunch provided.



Book tickets here

[compassionrevolution.care/product/
nz-compassion-lab-auckland](https://compassionrevolution.care/product/nz-compassion-lab-auckland)



Book tickets here

[compassionrevolution.care/product/
nz-compassion-lab-christchurch](https://compassionrevolution.care/product/nz-compassion-lab-christchurch)

About your facilitators

Founder and CEO

Mary Freer



Mary has contributed to Australia's healthcare system reform in a variety of executive and leadership roles over the last 25 years. She has worked closely with health improvement leaders in many countries across the world to bring about global improvements to our health and social care systems.

Mary has held positions with national government and NFP health care and social welfare services, including women's and community health services, healthdirect Australia, the Department of the Premier and Cabinet in South Australia, Aboriginal Affairs and Reconciliation and Health Workforce Australia.

Mary has been the Executive Producer of five international Compassion Revolution Conferences and has built deep connections with compassion practitioners all over the world.

In 2021 Mary published her book *Compassion Revolution: *Start Now; *Use What You Have *Keep Going.*

Director of Activation and Learning for Social Change

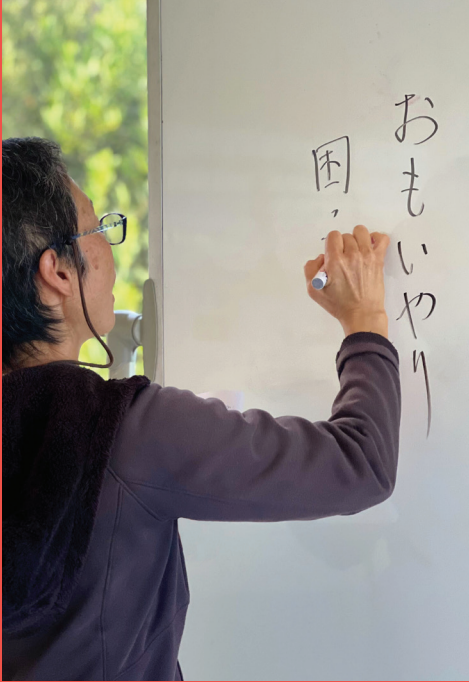
Lou Pyman



You'll see Lou at the front of the room at Compassion Labs and Collaboratives as she is a dynamic and compelling facilitator. Before joining the revolution, Lou delivered wellbeing training programs with Be Well Co—an initiative embedded in the heart of SAHMRI (South Australian Health and Medical Research Institute).

When working with people, Lou holds learning spaces that are safe, calm and dynamic. She responds to people with love and curiosity. She knows that great learning spaces need to be safe for vulnerability to exist, and vulnerability is a gateway to human connection.

Her experience is deeply human, having taught on the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands, embedded person-centred approaches to support the psychological and physical safety of the clients with disabilities at Bedford Group, and empowered pre-service teachers to explore unconscious bias and whiteness at Flinders University.



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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