

Four steps of compassion

- 1 Show up
- 2 Understand
- 3 Move closer
- 4 Act

1—Every day we can practise coming back to the present moment.

2—We remain curious about what others are experiencing and begin to recognise everyone's story is complex and there are many pathways forward.

3—When things go wrong we have a perfect opportunity to move closer. This is your invitation to celebrate our shared humanity.

4—Compassion requires us to take action. This is where we powerfully connect with others from a place of vulnerability.

Compassion
Revolution