

# Being a Compassionate Professional

With Ryan Hargreaves

## Summary of methods



### 1 - Loving kindness meditation

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### 2 - Seeing the best in people

Rather than focusing on people's faults we can focus on their good qualities which will naturally make us feel more connected to them.



### 3 - Mindful speaking & listening

#### Mindful speaking:

1) What is my intention? 2) What do they need to hear? 3) How can I say it in a way they will hear it and that reflects my intention?

#### Mindful listening:

1) Assume a positive intention 2) What am I hearing? 3) What are they trying to convey?



### 4- Instigate conversation

We can build our sense of connection at work by making a point to speak with different people over coffee or even virtually.



### 5 - Small acts of kindness

The essence of this practice is keeping others in mind and finding joy in making them happy. There are many ways to show kindness from praising good work, to sharing food or providing opportunities.



### 6 - Set intention & reflect

In the morning set a positive intention, for example to apply one of the above methods, and then at the

Which of the above methods do you wish to use to build connection at work?