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| **February Workshop: The Mirror of Compassion**  **Meeting Ourselves with the Same Kindness We Offer Others**  You know how to hold space for others.  You listen. You soften. You reflect.  But what happens when you’re the one who needs compassion?  In this workshop, we’ll explore the tension between the empathy we extend to others and the criticism we turn inward. Through gentle inquiry, we’ll ask:  Why is it easier to be kind to others than to ourselves?  Where does the voice of judgment come from — and how can we meet it with presence instead of pressure?  Together, we will:  • Reflect on the contrast between outer compassion and inner dialogue  • Identify triggers that flood us with self-judgment  • Practice ways to extend the same empathy inward  • Reconnect with a more loving voice within  This is an invitation to soften — not as a luxury, but as a practice of strength. |

**The Mirror of Compassion**

**Opening** 15 min

In the worlds of coaching, therapy, and facilitation, compassion is one of our most powerful tools.  
It helps us meet others with presence.  
It creates safety in moments of vulnerability.  
It reminds people that they are more than their struggle.

But compassion isn’t just something we offer outward.  
It’s also something we must learn to carry inward.  
And like any real strength — it deepens with practice.

This workshop is an invitation to slow down, take a breath,  
and explore what compassion means for us today.  
Not just as professionals — but as people

**Objectives**  
In this session, we will:

• Reflect on the role of compassion in our work and personal lives

• Identify moments when compassion flows naturally — and when it feels blocked

• Explore gentle ways to return to kindness as a strength

**Pause |** 5 minutesBefore we begin to explore compassion — let’s take a moment to arrive.  
Because life moves fast.  
And to touch something deep, we first need to slow down.

This isn’t a task. There’s nothing to figure out. Just a few minutes to breathe. To soften. To notice.

As the music plays, simply let yourself pause.  
Close your eyes if it feels comfortable.  
Feel your breath. Feel the chair beneath you.  
And let the word *compassion* gently echo inside.  
You don’t need to chase it — just listen.  
See where it lands. What images, feelings, or sensations arise.

No judgment. No pressure.  
Just a few quiet minutes to come home to yourself —  
and to whatever *compassion* means for you, in this moment.

(music…)

**Expansion (**65 min**)**

As facilitators, coaches, or therapists, compassion is one of our most powerful tools.  
It’s how we hold space, how we stay present, how we allow healing to happen.

But even the most caring professional's notice:  
Some people are easier to meet with compassion than others.  
And sometimes… it's hardest when the person in front of us is ourselves.

So today, we begin where compassion flows more easily.

**Step 1:** Think of a client, someone you’ve worked with — who makes it easy for you to feel compassion.  
Someone whose struggles invite empathy, not judgment.  
Now choose a card that reminds you of them.

Journal prompts (2 min):  
• What helps me stay soft and present with this person?  
• What do I accept or embrace in them — without trying to change it?  
• What parts of them awaken care, patience, or understanding?

**Step 2**: Now think of a more challenging dynamic.  
A client, person, or interaction where it’s harder to stay in compassion.  
Maybe you feel blocked, impatient, or reactive. Choose a card that reflects this experience.

Journal prompts (2 min):  
• What feels difficult here?  
• What gets triggered in me by this person or their behavior?  
• How do I tend to respond — inwardly or outwardly?

**Pair Sharing** (8 min)  
• What makes compassion feel natural?  
• What creates distance or inner resistance?  
• Are there any patterns or contrasts you notice between the two cards?

**Step 3:** Look again at the second card and gently ask:  
What if this person… is me?

Personal reflection

• When do I behave, feel, or think like this person?  
• What’s hard for me to hold with compassion in myself?  
• What would it be like to meet that part of me… the way I meet others?

Let this be a soft inquiry — not to judge, but to notice.  
Pair Sharing (10 min)

Sometimes the way we see a person is so influenced by our perspective that we don't see beyond it. Therefore, we will return to those partners and present them with the character we have chosen. The role of the partners is to surface what traits and qualities they see in the character. Notice if new perspectives are added to you, if the way you see the character is similar (in what way) or different (in what way).

What happened to me after sharing, did anything change?

**Sharing** 5 minutes

**Softening the Inner Lens (**20 minutes**)**

What Would Help Me Offer Compassion to Myself?

We’ve seen the contrast between how we meet others — and how we meet ourselves.  
Now, instead of analyzing where the judgment comes from, let’s ask a gentler question:

**What would help me choose compassion — even when I’m not proud of myself?**

Choose one Reflection card facing down (from the words deck in FACES)

What word came to me?

What does it evoke in me?

Do I recognize it from my everyday life?

This word may point to a quality you’d like to increase — or one that perhaps needs softening.  
Ask yourself:  
• Do I need more of this toward myself?  
• Or do I need to loosen my grip on it — when it becomes too rigid or demanding?

**Short pair sharing** (6–8 min):  
Share your word and what it awakens in you.  
What does compassion look like in this context?  
Let your partner reflect gently.

**Seeing Myself with Compassion** (5 minutes**)**

To close, we’ll return to the simplest and sometimes bravest act of all:  
Seeing ourselves with kind eyes.

You have two options:  
Use the Mirror card from the FACES deck or your camera on and gently look at your own face in Zoom

This isn’t about judgment or critique.  
It’s a soft gaze. A meeting.  
Breathe. Let your eyes settle.  
And silently ask yourself:

• Can I see the effort behind my struggles?  
• Can I recognize the goodness — even when I fall short?  
• What would it feel like to treat this face with the same tenderness I give others?

Take a few moments in silence. Let whatever rises, rise.  
You may want to end with a gentle sentence of self-kindness

This is the mirror of compassion.  
It reflects not just who we are — but how we choose to see.

**Focus** + **Clouser** | 5 min  
Let’s take a moment to ask ourselves what I am taking from this session…