



# Judicial Compassion Retreat

Sample Three-Day Agenda

*We encounter suffering in our work and lives every day. How do we skillfully respond to suffering in a way that helps families and allows us to stay connected, engaged, and fulfilled?*

## Day 1

5:00 – 6:00 PM

### Arrival & Check-In

6:00 – 7:00 PM

Dinner

7:00 – 8:30 PM

### Welcome: Why Compassion? Why Now?

Developing our professional PPE for working with suffering; introductions and community building

8:30 PM

### Journaling & Reflection

What brought you here? What do you hope to gain?

## Day 2

8:00 – 9:00 AM

Breakfast

9:00 – 9:15 AM

### Morning Warm-Up

Deep listening practice

9:15 – 10:30 AM

### Our Suffering: Introduction to Self-Compassion

Exploring the burdens we carry; what others see vs. what we hold

10:30 – 10:45 AM

Break

10:45 AM – 12:00 PM

### Practicing Self-Compassion

Common humanity, mindfulness, and self-kindness

12:00 – 1:00 PM

Lunch

1:00 – 2:30 PM

### What Prevents Compassion?

Our brains, our time, our roles

2:30 – 4:00 PM

### Compassion for Others in the Courtroom

Reframing how we see families

EVENING

### Community Time

Games, connection, rest

## Day 3

8:00 – 9:00 AM

Breakfast

9:00 – 9:15 AM

### Morning Movement

Grounding practice

9:15 – 10:30 AM

### When We Are Triggered

Understanding the amygdala hijack; moving from reactivity to response

10:30 – 10:45 AM

Break

10:45 AM – 12:00 PM

### Sustaining Compassion: Building Your PPE

Community, joy, rest, movement, mindfulness

12:00 – 1:00 PM

Lunch

1:00 – 2:00 PM

### Closing Circle & Commitments

Integration, gratitude, next steps

2:00 PM

### Departure