

Thank you for your presence, deep care and commitment. The Compassion dialogue offers a safe space for reflection on self, community and nature.

We would love to establish a dialogue in Dorset

The Compassion Dialogue is free of charge, donations are invited to support the place that plays host. We love to work in places where all people feel safe and welcome, ideally a place close to nature.

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Closing the Compassion Gap

'Elevating the status of care giving'

From fear to love

'Elevating the status of care giving

From compliance to compassion

'Elevating the status of care giving

From providing
services to creating
community

From scarcity to
abundance



Friends Meeting House (Quaker)
London

People who are living with a need for care may find it difficult to control their state of mind....

....this means it is very important that the people in their lives control theirs!

'Elevating the status of care giving

Imagine a moment in the future when you are in need of daily care and your carer is walking towards you. What quality do you long for?



*'Before you
criticise a man,
walk a mile in
his mocassins'*

Whose Shoes?[®]
tools and dementia
blog series

www.nutshellcomms.co.uk

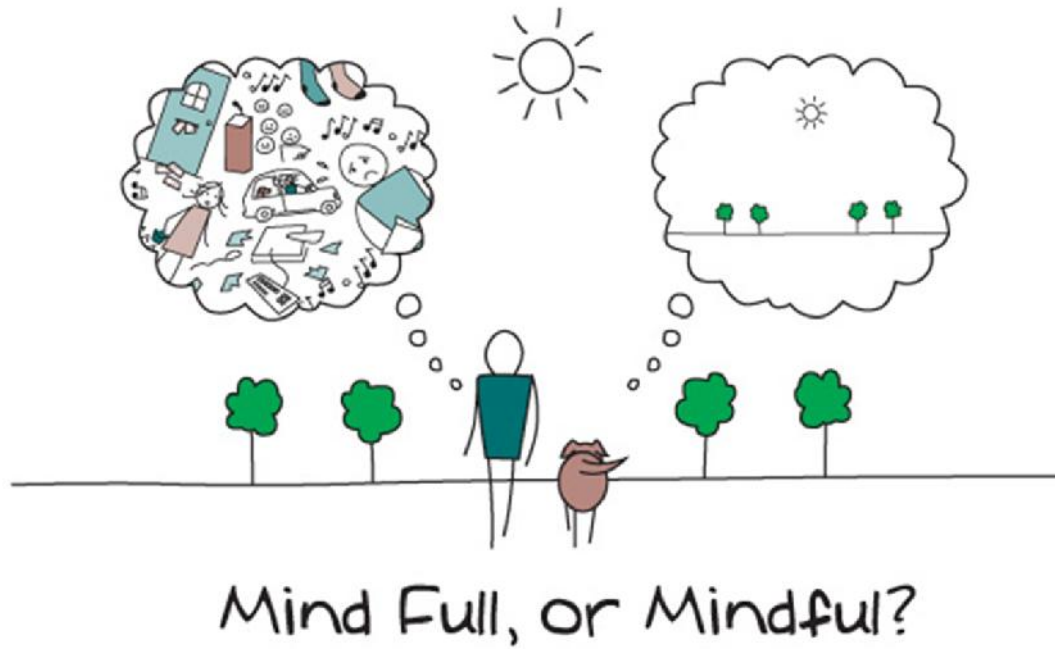
'Elevating the status of care giving

‘Compassion is the place where kindness meets suffering and we are encouraged to flourish’

Frameworks 4 Change

I choose my state –

*Here I am, my mind is quiet, my
heart is open*



'My mind is quiet, my heart is open...'

'I am in a state of compassion'

TEDx Talk – Andy Bradley

<http://www.youtube.com/watch?v=eMeIRxXI3-M>

'Elevating the status of care giving'

Five levels of listening

1. Ignoring
2. Pretending
3. Selecting
4. Active

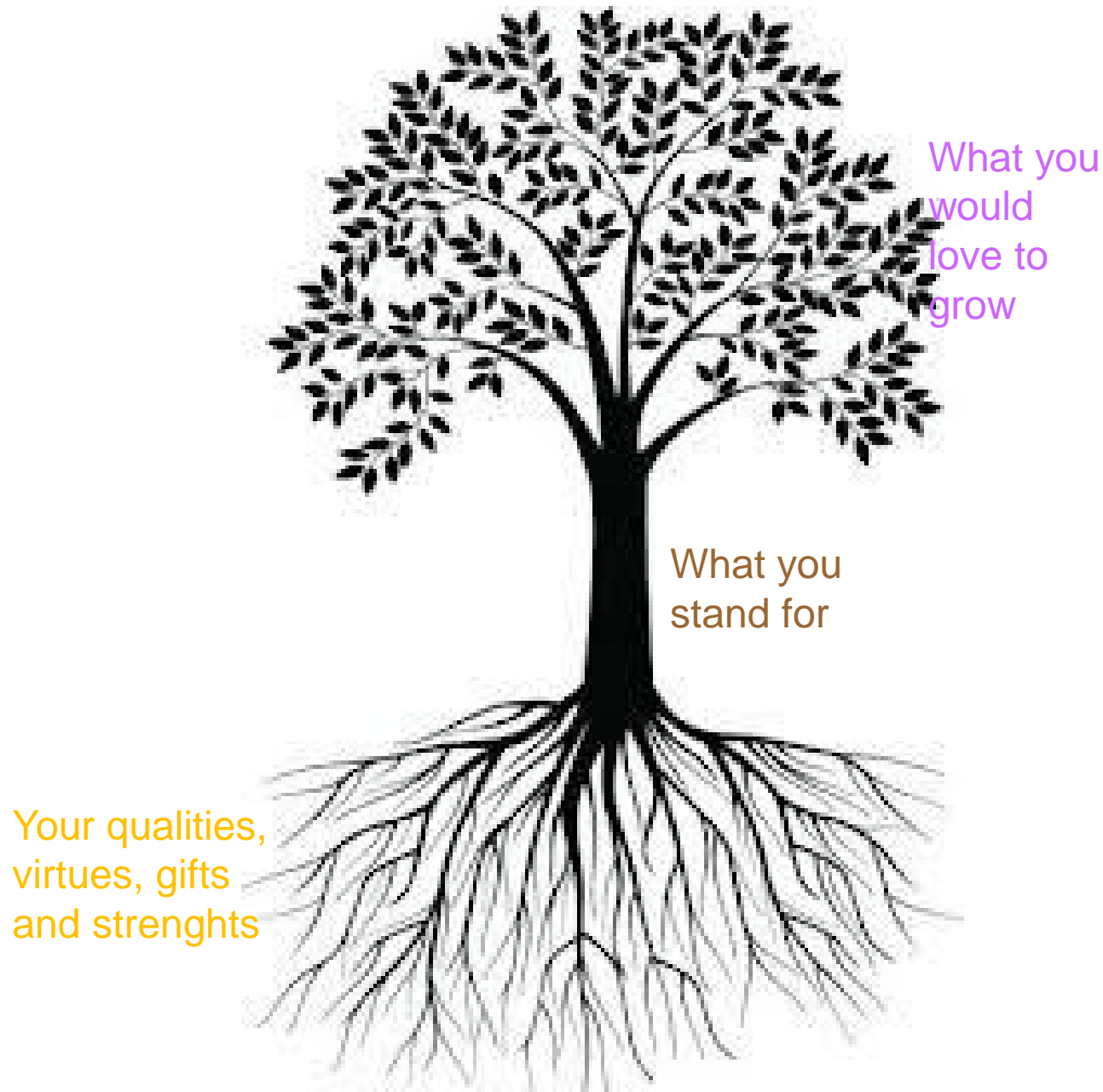
And the level required for compassionate care..

5. Profound

The three 'compassion creating' habits:-

1. Listening (with a quiet mind)
2. Asking (questions that matter)
3. Thanking

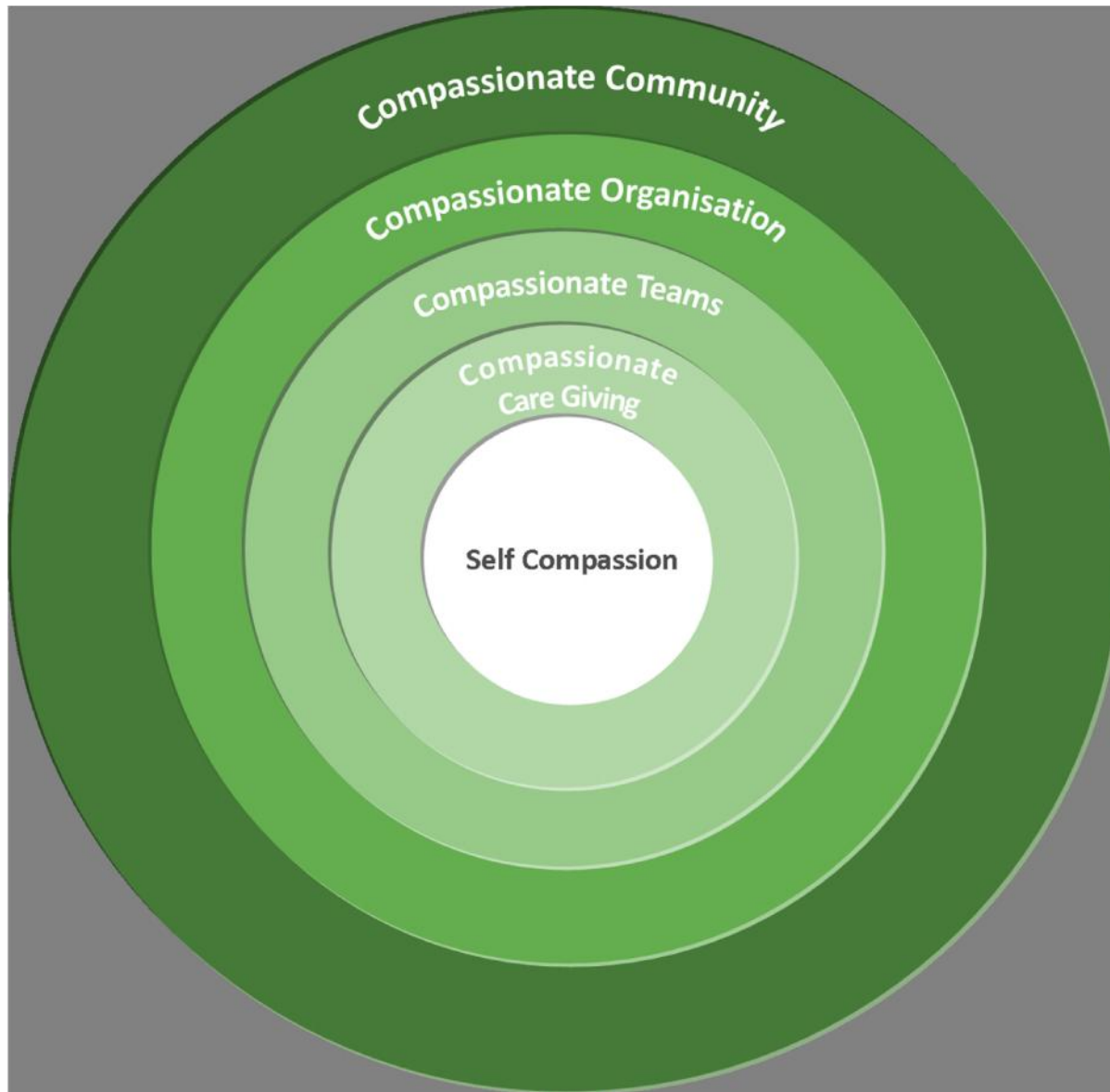
Our thanks to Nancy Kline (Time to Think) whose work has inspired our 'Thinking Differently' approach.



'I matter tree'

'Elevating the status of care giving

How can you care for yourself
more deeply and
unconditionally?



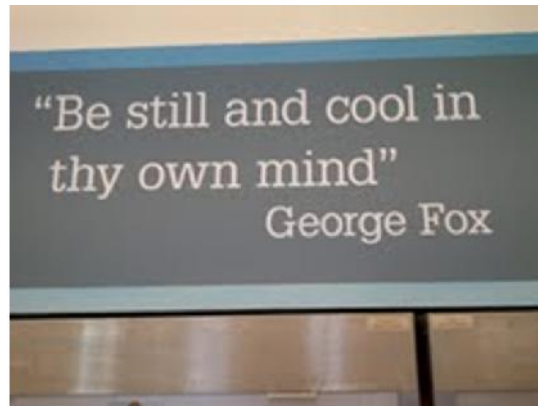
'Elevating the status of care giving

Self Compassion

‘Here I am (self aware), caring for myself (self compassion). so that I can care for you (compassion)’

What changes (if any) do you plan to make to the way that you care for yourself?

Closing the Compassion Gap



Quiet Mind



In your shoes



Open Heart



We are equals



I matter, we matter
'Elevating the status of care giving



Ripple effect

...or to put it another way...the *Tea and Cake philosophy*

**T
E
A**

Teamwork

Equality



Achievement

Empathy

CAKE

Compassion

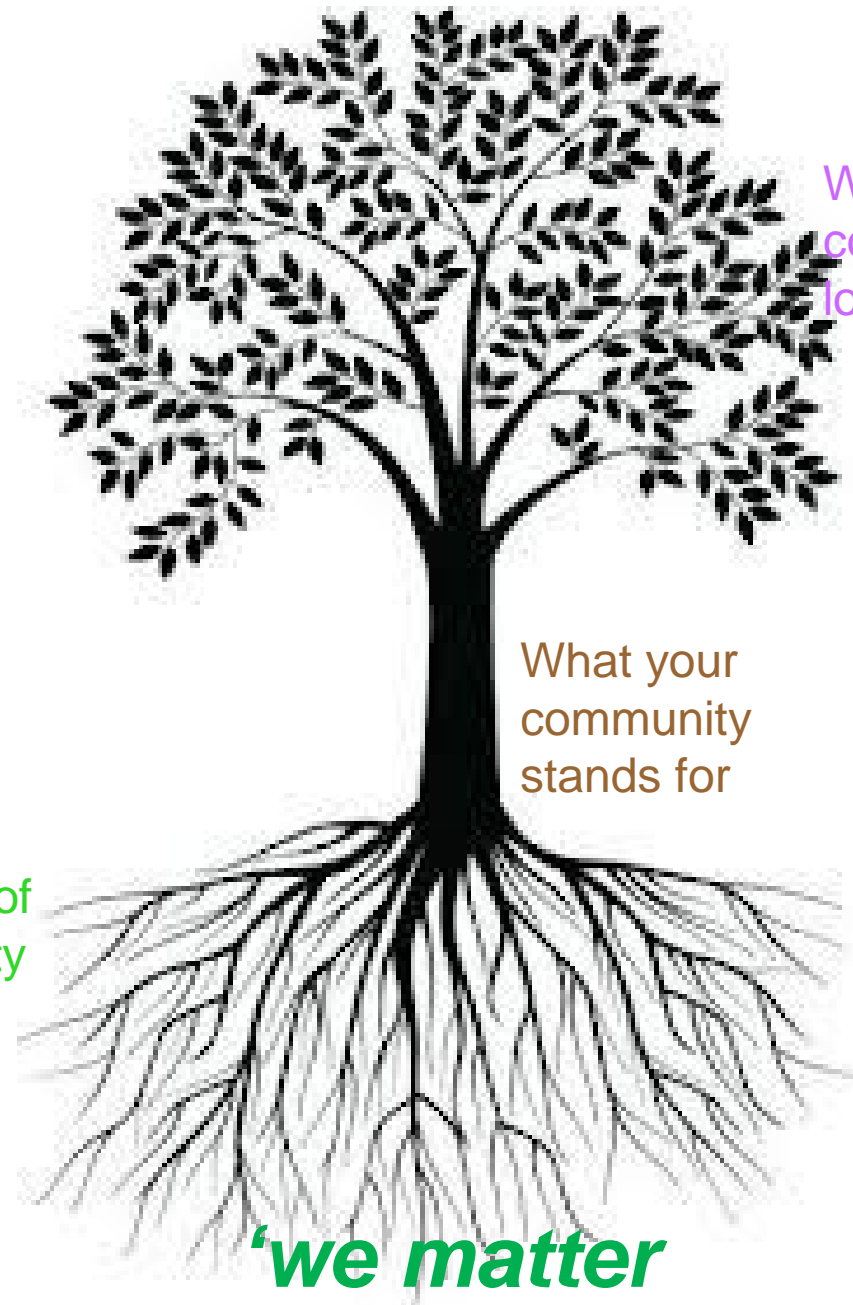


Attentiveness

Kindness

The Soul of Compassion the Compassionate
Community

'Elevating the status of care giving



What your
community would
love to grow

What your
community
stands for

The qualities,
virtues, gifts
and strengths of
your community

***'we matter
tree'***

'Elevating the status of care giving

Here's the link to the video that I played

<http://www.youtube.com/watch?v=eMeIRxXI3-M>