

# Compassion @work



HRC is excited to be collaborating with HSA USA to bring you Compassion@Work! During this remote practical program you will be shown how to:

- Enhance your professional skills and effectiveness
- Strengthen relationships with your colleagues
- Reduce stress and increase well-being
- Contribute to a more positive and productive work environment

*"C@W has provided our organization with a shared learning experience around navigating challenging professional situations with kindness and curiosity."*

Bringing together current learning on self-compassion, compassionate communication, and research by Dr. Brene Brown you will be equipped with 15 Compassion@Work Practices that will change how you care for yourself, and bring compassion to your work-life.



Four cohorts to choose from

## Cohort 1

March 4, 11, 18, 25, April 1  
9:00AM - 12:00PM

[Register](#)

## Cohort 2

May 27, June 3, 10, 17, 24  
9:00AM - 12:00PM

[Register](#)

## Cohort 3

August 5, 12, 19, 26, Sept 2  
9:00AM - 12:00PM

[Register](#)

## Cohort 4

Oct 7, 14, 21, 28, Nov 4  
9:00AM - 12:00PM

[Register](#)

For more information contact  
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