

United Way Sponsored Executive Presentation:

# COMPASSION

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# AGENDA

- Introduction and Definition
- Examples of Compassion
- Compassion and United Way
- Where does compassion really come from?
- Acts of Kindness and Conclusion

# Introduction and Definition

- Merriam-Webster definition of compassion:
  - sympathetic consciousness of others' distress together with a desire to alleviate it
  - difference between empathy and compassion. *Compassion* is the broader word: it refers to both an understanding of another's pain and the desire to somehow mitigate that pain

# Examples of Compassion

- Compassion comes in many forms
- Short 4 minute video on Compassion:
- [https://www.youtube.com/watch?v=9-UZ0hn\\_Tpc](https://www.youtube.com/watch?v=9-UZ0hn_Tpc)



# Compassion and United Way

- United Way values:
  - Board members, volunteers & staff are guided in their work by a strong commitment to the community, grounded in social consciousness. By reflecting Winnipeg's values, United Way adds relevance to the work of other service providers.
- *COMPASSION... THROUGH EMPATHY, UNDERSTANDING, AND CARING*

# Where does compassion really come from?

- While compassionate action is second nature to some, can anyone learn to use these skills to make any family, friends and strangers feel a little happier and feel a little more loved each day?
- Sponsored Executives: where do you think compassion really comes from? (5 minute discussion)
- Where Does Compassion Really Come From? 3 minute video:
- <https://www.youtube.com/watch?v=A4a66aFaIME>

# Acts of Kindness & Conclusion

- Examples of Acts of Kindness:
  - Share overheard compliments
  - Put a surprise note or sketch in with your spouse's or kid's lunch
  - Give someone the benefit of the doubt
- Name 3 more random acts of kindness
- Here is our act of kindness to you.....