

Compassion in a work environment

Summary

During this activity, participants are invited to imagine (relatable) situations in a work environment, in which they witness the aggression of others. The participants think about how they could react in a compassionate way during these situations.

Aims

- Experience what the effects of aggression from others on your own feelings and thoughts are;
- Thinking of ways to react in a compassionate way to such displays of aggression;
- Experience what effect these reactions evoke.

Participants

Adults in a work environment

Method

- Discussion
- Roleplay

Source

Hogeschool Utrecht

Keywords

Empathic resonance with displays of aggression.

Contributor

Hogeschool Utrecht

Description

Divide the group into pairs or groups of three. Each subgroup receives a description of a situation (see below). They ponder about how their own experience would be in such a situation and how one could react in a compassionate way to it.

Next, the different situations are being discussed with the complete group as a group discussion. Or: The situations are being re-enacted through role-play.

Material

Pen and paper

Advice for Facilitators

- Lead the discussion in a clear and ordered or structured manner; allow each of the participants enough space and time to speak their mind and share their opinion; summarize what's being said.
- Give clear instructions to the participants of the roleplay; let the participants 'de-role' after the scene; reflect and evaluate.

Handout

Yes

Category: Mindfulness, Group size: Individual, Duration: 90 min

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union

Project Number: 2018-1-DE02-KA204-005060