

compassion

**sympathetic consciousness of others' distress
together with a desire to alleviate it**



**CareGivers
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Why is compassion important in the workplace?

Being compassionate in the workplace has many benefits. It ensures healthy communication that comes from a place of warmth and even improves organizational health.

Focusing on workplace compassion encourages healthy interpersonal relationships. It allows people to recognize and appreciate others sincerely, and work to benefit the organization instead of just themselves. Being compassionate with colleagues doesn't just affect both parties, but also has a positive impact on the performance culture in general.

Additionally, research shows that communicating with kindness and empathy improves the employees' value system by making them feel more like part of the team. It reduces pressure and anxiety, as well as makes them more resilient to stress and burnout. All of these reasons are why many leading organizations make creating a compassionate workplace a priority.

Compassion at work examples include:

Actively listening to colleagues without judging them

Noticing when colleagues are having a tough time at work or personally,
and trying to make them feel more comfortable

Accepting criticism and being careful when expressing
opinions to someone to avoid hurting their feelings.

How to show compassion at work:

Start with yourself Any positive feelings should begin from within. After all, you can't show love and kindness to anyone else until you give it to yourself.

Communicate effectively A sound communication pattern is crucial when it comes to being compassionate at work. Whether you're talking to a supervisor, colleague, or client, communicate openly and express your ideas clearly.

Give words of encouragement Verbal motivation and encouragement are simple ways to show compassion. In the workplace, you can practice compassion by encouraging and cheering others for their determination, achievements, and hard work.