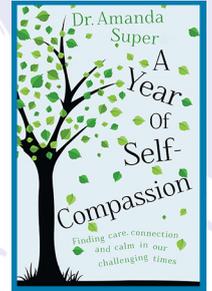


# Creating Compassion

WITH Dr. Amanda Super

Would you like to feel happier, less stressed and more resilient at work?

**Dr Amanda Super** is a values driven Chartered Occupational Psychologist and Executive Coach with over twenty years of experience in the field of professional development. She has brought her expertise to the subject of compassionate leadership as a means of developing our understanding and practice of this cutting-edge phenomenon. This unique coaching programme is based on the journeys her many clients have taken towards developing resilience and self-compassion. Amanda is the author of the book “A Year of Self Compassion: Finding Care, Connection and Calm in our Challenging Times”.



## Outline of the programme

Every organisation is faced with an ever-changing and constantly challenging economy where delivering more with less is a priority. Unfortunately, this only increases stress related symptoms in those undertaking leadership roles, thus having an impact on the provision of services and when engaging directly with their staff and colleagues. This distinctive coaching programme has been found to develop compassionate, inclusive and effective leaders at all levels, in a range of services and sectors.

This 8-week programme builds the self-awareness and resilience required to operate successfully in a high-pressure working environment, helps to recognise the signs of personal stress and manage this effectively, whilst supporting leaders to remain healthy and psychologically well in work. Compassionate leaders are renowned for their advanced emotional intelligence and authentic people management skills which enable them to impact positively on the teams they lead and services they oversee. We aim to build a more compassionate and inclusive organisational culture through this key leadership development initiative.

## Programme packages consist of:

- **Coaching sessions** with Amanda conducted through our online meeting service. This is where the participants' needs are explored, opportunities for reflection are provided as well as identifying any barriers individuals may face in their self-compassion development. These sessions include how to develop this approach within their teams, services, organisation and culture.
- **Online training webinars** which are designed and delivered by Amanda, introducing the key components of self-compassion and compassionate leadership approaches. Information is based on the latest academic research and provides a full grounding in the theory and practice required to embed the principles of this ground-breaking approach.
- Reflective diaries, key tasks, podcasts and an action plan are provided between coaching sessions to enhance and embed learning.
- Prior to undertaking the programme, participants are asked to complete a self-compassion metric, a psychological wellbeing measure and a coaching questionnaire.
- Each programme is **fully evaluated** including pre and post-programme measures and includes a post-programme workshop to establish a '**Community of Practice**'.

Previous participants who have completed this programme have been proven to increase their overall self-compassion and psychological wellbeing scores on independent and validated metrics.

## Leaders testimonials on the impact of this programme:

“Working with Amanda on the Compassionate Leadership Coaching Programme was one of the most personally developmental programmes I have engaged with in a very long time.”

Lisa Gresty (Assistant Director of Organisational Development)

“The programme enabled me to take time out and focus on my own resilience; developed my coping mechanisms in challenging situations; and, as a consequence, be able to do the same for others.”

Helen Curtis (Director of Quality and Performance)

“The programme allows you the time to think these things through with constructive support and positive exchanges to help you work out how your own approach might, or might not, support the circumstances you are dealing with.”

Yvonne Rogers (Deputy Director of Workforce/Strategic Workforce Lead)

“The expert facilitation was both supportive and encouraging and there was opportunity to practice the techniques. I would recommend this programme to anyone interested in learning and practicing Compassionate Leadership as part of their management style.”

Ismail Hafeji (Director of Finance and IM&T)

“Going through this programme helped to re-evaluate what was important and re-establish healthier habits and in terms of knowing that I am not the only one experiencing these emotions and these challenges. It also helped to increase my understanding of what may be driving the attitude and behaviours of others.”

Ian Stringer (Head Transport Services)

“I spend more time thinking about what is going on around me and how I am responding to that in order to get the best from any situation.”

Andrea McGee (Director of Finance and Commercial Development)

“I found this programme really well organised and felt that it was spaced out well across the 8-week timescale. I genuinely don't think I would suggest anything different in terms of the facilitation of the course.”

Claire Smith (Executive Nurse)

“Amanda has a great style, she is clearly a real expert and provides constructive challenge in the sessions which makes you stop and think, but more importantly challenge yourself to learn and take as much out of the programme as you can. I would recommend the programme as it provides lots of useful techniques that can be applied. It has provided more personal development than the other leadership programmes I have been on.”

Gaynor Mullins (Programme Director)

“ Our every interaction every day shapes our world. To the extent that we are present with and pay attention to all those we interact with, understand their challenges, empathise with them, and take action to help them, we create a more compassionate world. To have the capacity and resilience to show compassion to others, we must first practice self-compassion.

- Professor Michael West, Lancaster University Management School, 2017

The Compassionate Leadership Coaching Programme is available to individual leaders on our sector specific open programmes, selected teams or organisation-wide. The programme can be delivered individually or in small groups. If you would like further information, please visit <http://www.creatingcompassion.com/compassionate-leadership-development/> or email [amanda@creatingcompassion.com](mailto:amanda@creatingcompassion.com) to discuss the programme for yourself or the staff in your organisation.