

Compassionate Leadership Worksheet – Individual Dimension Focus

The four dimensions of individual compassionate leadership to consider are non-judgmental awareness, self-compassion, compassionate communication, and belonging for all. The dimension of individual compassionate leadership that I would like to focus on for the next three to six months is _____.

My intention is to create the following change(s): _____.

Strengths and Resources Available to Help Create the Desired Change	Challenges and Obstacles to Creating the Desired Change

Tools for Developing This Compassionate Leadership Dimension

Study, Growth, and Learning Tools

Assessments	
Knowledge	
Training	

Practices

Everyday Practices	
Formal Practices	

Support Network

Self-Compassion	
Thought Partners	
Emotional Support	

Compassionate Leadership Worksheet – Organizational Dimension Focus

The four dimensions of organizational compassionate leadership to consider are psychological safety, growth mindset, belonging for all, and organizational resilience. The dimension of organizational compassionate leadership that I would like to focus on for the next three to six months is _____ . My intention is to create the following change(s): _____ .

Strengths and Resources Available to Help Create the Desired Change	Challenges and Obstacles to Creating the Desired Change

Tools for Developing This Compassionate Leadership Dimension

Study, Growth, and Learning Tools

Assessments	
Knowledge	
Training	

Practices

Everyday Practices	
Formal Practices	
Policies and Procedures	
Less Structured Norms	

Support Network

Self-Compassion	
Thought Partners	
Emotional Support	