

Developing Compassionate Resilience

Ann Pettit
Senior Lecturer
Anglia Ruskin University
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ann.pettit@aru.ac.uk



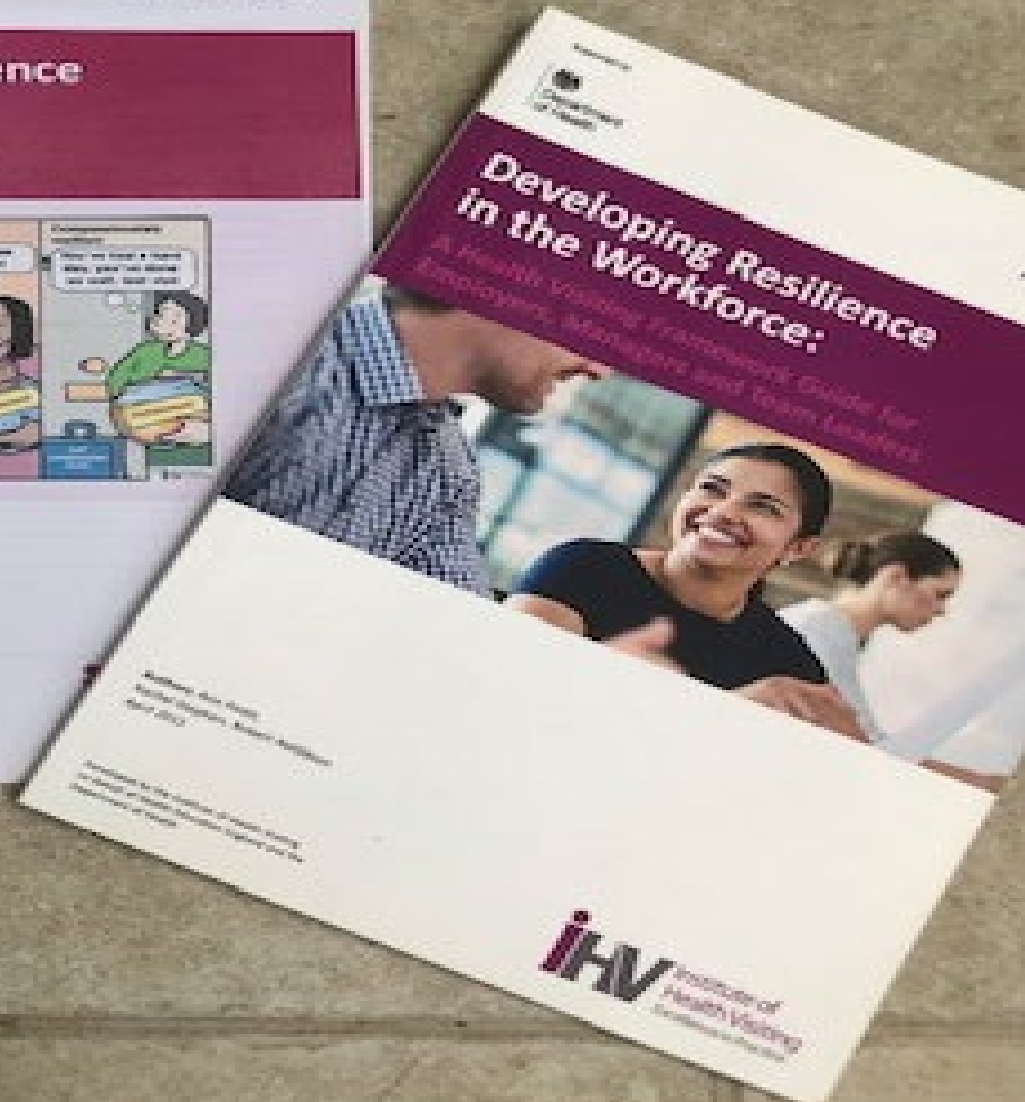
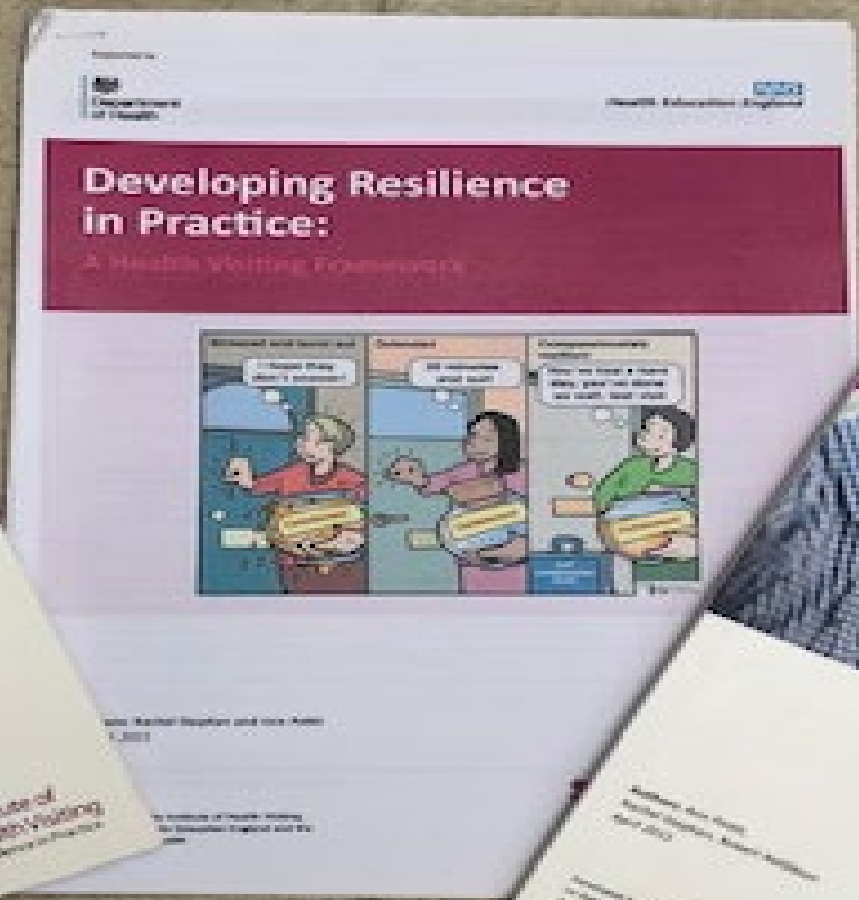
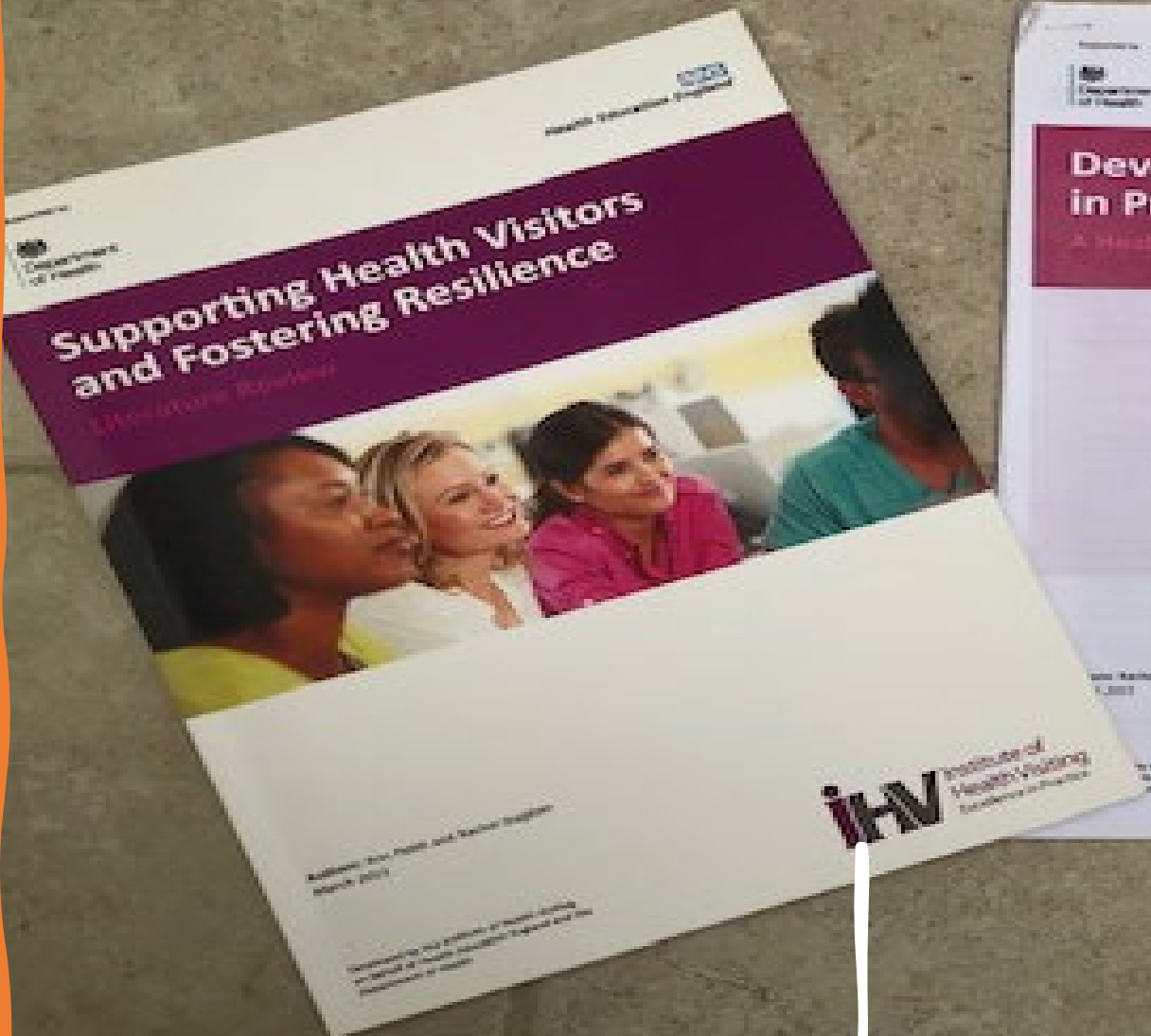
What is Compassionate Resilience?

Cultivating Compassionate Cultures

Developing Self-Compassion

Training to Facilitate Resilience





National Project

Research Findings

Decreased Fears
of Compassion

Burnout Score
Decreased

Compassion
Satisfaction Score
Increased

Secondary
Traumatic Stress
Score Decreased



What mattered to one of our participants.....

I had experienced burnout and was off sick...when I returned this was offered to me. ...I felt like I was very well supported. I always came away feeling like there wasn't such a huge weight on my shoulders. I really enjoyed it.

NHS Manager 2022



How do you cultivate compassionate resilience ?



COMPASSIONATE
INQUIRY



A HOLISTIC
APPROACH



BODY, MIND
AND SPIRIT

Grace Process



Gathering attention

Recalling intention: why are we here?

Attuning to ourselves and others

Considering: what will serve?

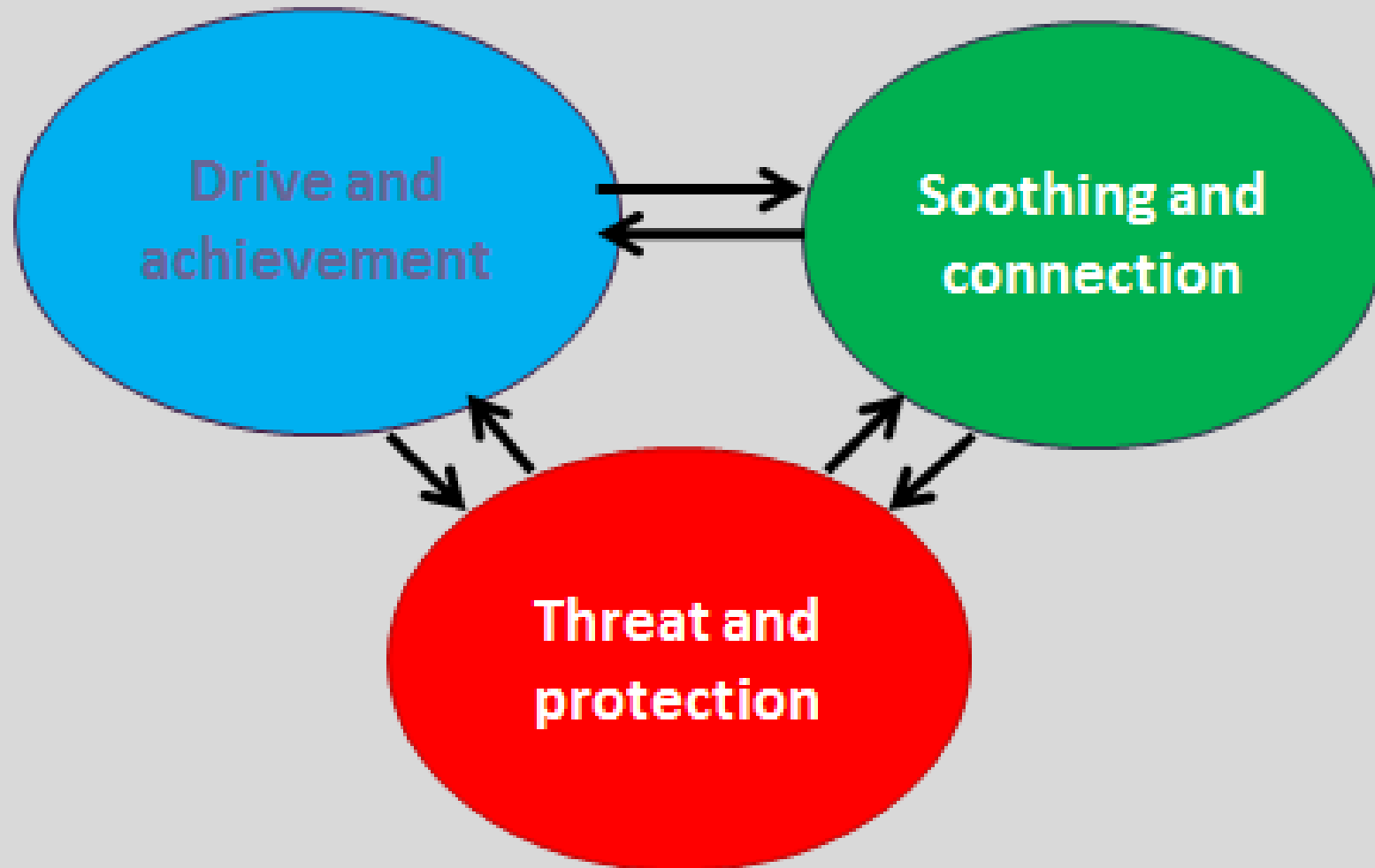
Engaging ethically: how will my engagement and participation impact others and myself?

6 Compassionate Resilience Skills for our Kitbag

1. Self awareness/self compassion
2. Hope
3. Acceptance
4. Relationships
5. Expressing vulnerability
6. Being in the NOW



The Three Circles Model



Gilbert 2010

Our Compassionate Resilience Programme



[Courses](#) [Community](#) [Me](#) ▾

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Welcome to

Compassionate Resilience

“Compassionate, resilience, hope... enabling people to cope”

[Continue Learning](#)





Thank you

Thank you all for the
privilege of sharing our
journey

Contact

ann.pettit@aru.ac.uk

References

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