

## **An Introduction to the Compassionate Systems Framework**

We work in a deeply complex and challenging system. Yet little prepares us to understand and work with this complexity. The result is an education system that is sometimes locked in a perpetual reactive mode, often implementing ‘fixes’ that may make problems worse. We have an opportunity, however, to create a new kind of environment in education; one that is compassionate and nurturing for everyone within it.

Compassionate Systems is an integrated framework to **build personal well-being, strengthen relationships**, and **apply systems thinking tools** to our work within the education system. A foundational part of BC’s [Mental Health in Schools Strategy](#), Compassionate Systems focuses on well-being for adults, for learners, and for the system as a whole.

Compassionate Systems deepens our understanding of how the system can sometimes perpetuate, rather than diminish, stress in the workplace. It can shift us from that continuous cycle of doing what we can to take care of ourselves, while returning to a structure that does not always take care of the health and well-being of the people within it.

This experiential session will provide an overview of the Compassionate Systems Framework and an introduction to some of the key tools and practices.

We will focus on:

- how to cultivate your own and your team’s foundations of wellness, shared values, and relational collaboration
- how to use system thinking tools to solve everyday challenges
- understanding that how we show up for ourselves and for each other is vital to creating a supportive workplace

Both presentation and hands-on use of the tools will strengthen your ability to understand and use this approach.

