

GRACE is a compassion-based, transformative practice connecting to our resources of personal strength, integrity as well as care for ourselves and others. GRACE is an acronym for Gather attention, Recall intention, Attune to self/other, Consider what will serve, Engage and end.

The GRACE Process helps to realize our potential in our lives and the way we work with others. It connects specifically to our principles of Transformation, Self-Actualization, Humility, and Respect.

Attending these highly interactive and “hands-on” sessions, participants will explore and experience what it means and feels like to create enabling conditions for compassion in themselves, their work environment, and their lives. Practicing GRACE will cultivate the ability to perceive context, think and act from a fresh and unifying perspective. The concept builds on neuroscience, social psychology, ethics, moral standards, and the wisdom of contemplative practices.

#### Target Audience:

- ✓ All employees

#### Logistics:

- ✓ In-person or virtual
- ✓ 2 days
- ✓ Max # of participants with 1 facilitator: 25

#### Objectives:

- ✓ See how compassion starts with being compassionate to yourself.
- ✓ Recognize how compassion helps in relationships.
- ✓ Explore your intentions and move through life with integrity.
- ✓ Learn ways to be true to yourself while applying a systemic view to serve best in any given situation.
- ✓ Practice being grounded, aware, and present.
- ✓ Experience an embodied practice to remind you of the process after the program.