

Compassionate Activism

Online Seminar - Session 1

Please join us as we wait for other participants to arrive. We will begin shortly at 6 pm EST / 3 pm PST.

If you have any questions, please put them in the chat.
Thanks!

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Checking In

1. What brought you to enroll in the online seminar?
2. What do you hope to be different for you after taking it?

2

Select a Situation

1. What is a type of situation that is *moderately* emotionally charged for you?
2. Why is it emotionally charged for you?
3. What is your typical reaction to it?

3

Compassionate Activism Model

1. 100% Committed to a Vision
2. 100% Acknowledging of Current Reality
3. In Community, In Every Moment

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The Five Practices of Compassionate Activism

1. Humility and Curiosity
2. Distinguishing Realities and Acknowledging External Reality
3. Gentle Mindfulness and Compassionate Self-Accountability
4. Compassionate Truth-Telling and Consciousness-Raising Inquiry
5. Shared Envisioning and Non-Cooperation

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#1: The Practice of Humility and Curiosity

6

#1: The Practice of Humility and Curiosity

1. What gets in the way of you acknowledging that you might not know *everything* about this situation already?
2. What gets in the way of you being curious about the *other person's internal reality* and asking questions to learn more?
3. What gets in the way of you being curious about *your own internal reality* and digging deeper to get in touch with it?

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Key Takeaways

If you could only remember one thing from this whole session, what would it be?

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Next Session

#2: The Practice of Distinguishing Realities and
Acknowledging External Reality

Thursday, April 14th

6 – 8 pm EST / 3 – 5 pm PST