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### What is COMPASSION?

- 1. Bringing attention or awareness to recognizing that there is suffering
- 2. Feeling emotionally moved by that suffering
- 3. Wishing there to be relief from that suffering
- 4. A readiness to take action to relieve that suffering

[https://greatergood.berkeley.edu/article/item/six\\_habits\\_of\\_highly\\_compassionate\\_people](https://greatergood.berkeley.edu/article/item/six_habits_of_highly_compassionate_people)



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### COMPASSION IN ACTION



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### 1. SEE BEYOND THE BEHAVIOR



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1. SEE BEYOND THE BEHAVIOR  
**2. GET TO KNOW YOUR PEOPLE**



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1. SEE BEYOND THE BEHAVIOR  
2. GET TO KNOW YOUR PEOPLE  
**3. ELIMINATE THE NOISE**



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1. SEE BEYOND THE BEHAVIOR  
2. GET TO KNOW YOUR PEOPLE  
3. ELIMINATE THE NOISE  
**4. HELP 'TIL IT HURTS**



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Get the resources.  
Get my newsletter.  
Get in touch.  
<https://gettalk.at/ic21>

**FREE  
STUFF**



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**LET'S CONNECT**

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 @JasonLauritsen  
 @JasonLauritsenSpeaks  
[www.JasonLauritsen.com](http://www.JasonLauritsen.com)



**JASON LAURITSEN**

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