

Are you a compassionate leader?

10 questions you could ask yourself to understand whether you are demonstrating compassionate leadership.

1

Do I actively encourage and empower others to respond to a colleagues suffering?

2

Do I actively promote a culture in which people trust each other and know that if they talk about their problems, other team members will not judge them, but instead they will listen and try to help?

3

Do I show my care and concern towards people in my team?

4

Do I understand the value of sharing problems with others?

5

Are people in my team in regular close contact (e.g. through face to face daily or weekly department meetings?)

6

Do people in my team know that I will try to help them if they have a problem?

7

Is there a strong connection between people in my team which makes them feel joined, seen, felt, known and not alone?

8

When people in my team notice a change in the condition of a colleague, do they feel comfortable about inquiring further?

9

Do people in my team feel safe in sharing their personal problems, issues and challenges with each other and do they feel they can openly express their emotional pain?

10

Is it a norm in my team to know about each other's lives and pay attention to the pain and suffering of a colleague?