

***This is a draft version of the workbook
and is subject to further change.
Please do not circulate beyond your
team.***



Compassionate Employers

CHAPTER 1- Worksheet: individual reflection

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Worksheet: individual reflection

Compassion satisfaction self-reflection prompts

Compassion satisfaction describes the overall enjoyment and pleasure that individuals experience when they are able to do their work well¹.

This activity is designed for us to reflect compassion satisfaction.

Be kind to yourself in these reflections. You do not need to answer any questions that feel too personal, unsafe or difficult



Important note!

Individual reflection guidance

- You do not need to answer any questions that feel too personal, unsafe or difficult.
- Pause at any point.
- If this content brings up distress, speak to someone you trust and access your organisation's support routes, such as your manager, supervision, occupational health, Employee Assistance Programme, HR, GP or urgent support if needed.

Be kind to yourself. These questions can feel challenging so take your time and take breaks as needed.



Individual reflection:

What do I enjoy about my work/volunteering? What do I find rewarding?

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What is the best moment of my day? How can I celebrate small moments?

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Who/what inspires me to do the work I do? How can I draw strength from this?

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What opportunities are there to share positive moments/stories/experiences at work/volunteering with colleagues?

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Reflection questions inspired by Stamm¹, Steele², , Noor et al.³, Visible Resource⁴, Trauma Informed Stoke-on-Trent and Staffordshire guide⁵

References

1. Stamm BH. The concise ProQOL manual. 2nd ed. Pocatello; 2010. Available from: <https://proqol.org/uploads/ProQOLManual.pdf>
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5. Trauma Informed Stoke-on-Trent and Staffordshire. Minimising the effects of vicarious trauma full explainer guide. [online] [n.d.] Available from: <https://violencereductionalliance.co.uk/wp-content/uploads/Minimising-the-Effects-of-Vicarious-Trauma-Guide-.pdf>