

# CIRCLE OF COMPASSION

An international conference about Compassion / March 15th 2024 / via Zoom, 9.00 – 14.00 CET



**“The compassionate mind is the mind that transforms.”**

**Prof Paul Gilbert OBE**

Compassion is a fundamental building block of communities, spreading kindness, understanding, tolerance, warmth and connection between people. It is a quality that can be cultivated through practice and it means being aware of how our actions affect other people and ourselves.

In the spirit of spreading compassion, here is an open invitation to an international online conference, "Circle of Compassion - Youth work based on compassion". The world we live in increasingly [calls for compassion](#), as a compassionate approach helps in solving challenges within the communities. **Would you agree?**

**The conference will take place on 15 March 2024, via Zoom platform, between 9.00 and 14.00 CET.**  
**[Join us in a BIG circle, meet the field experts and co-create this unique event!](#)**

Selected speakers will run interactive workshops highlighting the importance of compassion for empowering ourselves and developing a culture where compassion is part of the work balance.

- **Dr. Hannah Gilbert**, a compassion focused psychotherapist who also works for the [Compassionate Mind Foundation](#).
- **Monica L. Hanson**, an esteemed Stanford Lecturer, Consultant, and Co-Founder of [Applied Compassion at Stanford University School of Medicine's Center for Compassion and Altruism Research and Education \(CCARE\)](#).
- **David Rand**, an entrepreneur, educator and researcher of empathy and compassion. The founder of [Art of Wisdom](#), Las Vegas and the director of the Aspen Institute, Washington, DC.
- **Vinciane Rycroft**, an education project manager and trainer at [Mind with Heart](#).

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The discussion with experts will be moderated by **Saša Kerkoš**. She is a designer and creative, interested in compassion as a non-compromising value in creative processes for systemic change.

## INTERACTIVE WORKSHOPS

### - **Dr Hannah Gilbert / Compassionate Mind Training: Science and Practice for Life Difficulties**

A compassion-focused approach shows that our brains can be complex and we can easily get trapped in a threat-focused state. Compassion can help us to do this by helping us to understand the nature of our thoughts and feelings and by offering many practical ways of working that help us to move from a threat-focused brain to a compassion-focused brain. Hannah will discuss the findings of the science of compassion and the development of compassion-focused therapy and compassionate mind training, focusing on how they have evolved. In an experiential workshop, she will take you through exercises for training a compassionate mind and show how compassion can be cultivated in everyday life.

### - **Monica L. Hanson / Compassion as a Choice: A Practical Guide for Youth and Their Advocates**

The workshop will explore compassion, compassion as a choice, empathy and empathy fatigue, all tailored to the unique experiences and work with young people. Together, we will explore practical strategies for recognising and shifting between empathy and compassion, and getting out of empathy fatigue by fostering a culture of compassion in your teams and organizations.

### - **David Rand / Empathy + Compassion: Why these values matter when working with marginalized communities**

Why are these two values important when working with marginalized communities? David's workshop will be an experiential introduction to cultivating the desire to grow empathy and compassion.

### - **Vinciane Rycroft / Self-compassion for young people and their educators**

Vinciane will share practical tips from 14 years of training secondary school teachers to create a compassionate culture with teenagers. We will try simple exercises to develop a compassionate attitude - alone or in a group.

### - **Marko Pavlovič / How to cultivate compassion in Youth center**

When we are committed to promoting the well-being of young people, we are more willing to experiment with new approaches to better meet their needs. If youth workers approach their work with compassion, we are more likely to build positive relationships with young people who see us as trusted mentors.

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## WELCOME & JOIN THE CIRCLE

- **youth workers, volunteers, activists** or staff working in youth centers and youth organizations,
- **young people aged between 15 and 29** (volunteers, activists, youth leaders, users of youth centers or organizations) with whom we come into contact and for whom we do our work.
- **the professional public**, academics, social workers, practitioners, activists and other stakeholders who **are active in the intersection of youth work and youth mental health**.

## REGISTRATIONS

[Register online using the online form.](#) The deadline for applications is **8 March 2024**.

The conference will take place on **15 March 2024**, via the Zoom online platform, between **9.00 and 14.00 CET**.

Participation in the conference is **free of charge** and limited to **100 people**. The conference will be held in English. The project was conceived by "Ambassadors of Compassion" and is supported by the Erasmus+ programme.

For further information please contact: [voditeljstvo@mladizmaji.si](mailto:voditeljstvo@mladizmaji.si) or 051 625 232 (Maja M. Gašperšič).