

**CARE FOR ALL
IN EDUCATION**

AWAKENING COMPASSION IN THE WORKPLACE

This online course acknowledges the potential suffering and hardships experienced in the workplace but more importantly, emphasizes how cultivating compassion, for one's self and for others, can positively transform the way we work. Participants will learn how to build a capacity for compassion into the structures and practices of their organization, and how to incorporate skills into daily life.

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