

Compassion @work



South Central Los Angeles Regional Center is excited to be collaborating with Helen Sanderson Associates to bring SCLARC service providers **Compassion@Work!**

During this practical program you will learn how to:

- Strengthen your professional skills and effectiveness
- Build more meaningful, effective relationships with colleagues
- Reduce stress and increase well-being
- Contribute to a more positive, productive work environment
- Listen and communicate in ways that honor what matters most to people while aligning with HCBS requirements

This series introduces 15 Compassion@Work Practices to strengthen self-compassion, compassionate communication, and the way we show up at work and beyond. When we care for ourselves and each other, our ability to provide meaningful, person-centered support grows stronger and the impact of our work deepens.

"C@W has provided our organization with a shared learning experience around navigating challenging professional situations with kindness and curiosity."

This training is open to SCLARC service providers and offers Continuing Education Units (CEUs) for ARF and GH Administrators*



Questions?
Holly@helensandersonassociates.com

Remote series 1 - (9am-12pm)
July 30, August 6, 13, 20, 27, 2026

[CLICK HERE TO REGISTER](#)

Remote series 2 - (9am-12pm)
Sept 15, 22, 29, Oct 6, Oct 13, 2026

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Please only register for one series.

Topics we will be covering:

Compassionate Communication

Explore what compassion is, and how it can change the way we communicate with others. Learn about the fundamental principles of compassionate communication and how to use them in everyday conversations.

Challenging Conversations

Discover how to prepare for and navigate challenging conversations with curiosity, empathy, and courage and explore self-compassionate practices that can help us care for our needs in difficult moments.

Digital and Written Communication

Explore compassion in the digital world, and look at practical ways to bring empathy into written communication and digital conversations, helping us connect more thoughtfully online.

Compassion and Teamwork

Discover what a compassionate culture can be within teams and organizations. Discuss practical ways to encourage compassionate leadership and team dynamics that promote respect, understanding, and support.

Moving Forward with Compassionate Practices

Focusing on cultivating a compassionate culture through feedback, coaching, and daily interactions, we learn how to integrate these compassionate strategies for lasting positive change in how we care for ourselves and others.

*Continuing Education approved by CDSS for Administrators and provided by SCLARC DSS Vendor Number 2000486 2500 S. Western Ave., Los Angeles, CA, 90018

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