



Empathy and Compassion in Society

London, 24-27 October 2013

“Excellent: pragmatic, no non-sense,
amazing speakers, with lots of practical
advice, ideas and support.”

NHS General Practitioner

“A truly exceptional conference.”

High level Civil Servant



Empathy and Compassion in Society 2013: The Benefits of Creating a Culture of Compassion

London, Thursday 24 October 2013

Youth Gathering 23 October | Workshops 25-27 October

A groundbreaking conference featuring world experts for
professionals from all sectors

The conference is aimed at professionals from all sectors, including those working in management, policy, law, education, health and social care, as well as in the private sector. It is followed by post-conference workshops on 25-27 October to learn to cultivate compassion in a secular setting.



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Keynote Speakers



Adam Grant is the author of the New York Times and Wall Street Journal bestseller *Give and Take: A Revolutionary Approach to Success*. He is the youngest tenured professor at Wharton, recognized as Wharton's single-highest-rated teacher. Previously, he was a record-setting advertising director at Let's Go Publications. His pioneering studies have increased performance and reduced burnout among engineers and sales professionals, enhanced call center productivity, and motivated safety behaviors among doctors, nurses and lifeguards. He has presented for leaders at organisations such as Google, the NFL, Merck, Pixar, Goldman Sachs, Facebook, Microsoft, Apple, the United Nations, the World Economic Forum, and the U.S. Army, Navy, and Air Force.

Alison Murdoch



Alison Murdoch is the director of the Foundation for Developing Compassion and Wisdom, an international educational NGO, and the co-author of *16 Guidelines: The Basics*. She has presented and trained on the 16 Guidelines in Asia, Australia, Europe, Central and North America, organised the 1st European Conference on Happiness and its Causes in 2007, and is a regular contributor to BBC Radio.



Antoine Lutz is a neuroscientist at the Lyon Neuroscience Research Center (INSERM) in France. He was previously the associate scientist of Prof Richard Davidson at the Laboratory For Functional Brain Imaging and Behaviour in the University of Wisconsin-Madison. He received his PhD in cognitive neuroscience from University of Paul and Marie Curie in Paris VI under the supervision of Dr. Francisco Varela in 2002. His principal research focus is the neurodynamical correlates of consciousness and on the relationship between neuroplasticity and meditation training. His team was the first



to show the benefits of meditation from a neuroscientific point of view.

chris irons 150

Chris Irons is a Clinical Psychologist working for the East London NHS Foundation. Alongside Professor Paul Gilbert, Chris has been interested in the theoretical and clinical developments and adaptations of Compassion Focused Therapy as a science-based psychotherapeutic approach. He is a board member of the Compassionate Mind Foundation, a charitable organisation aiming to promote well-being through the scientific understanding and application of compassion, and he regularly presents on the science of compassion. He is currently researching the role of compassion and rumination in depression, the role of compassion and shame in psychosis and the role of compassion in relationship quality.

Karen Armstrong

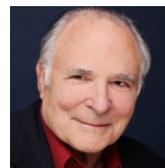


Karen Armstrong is the author of numerous books on religious affairs, including *A History of God*, *The Case for God*, and, most recently, *Twelve Steps to a Compassionate Life*. Her work has been translated into over fifty languages. In February, 2008, she was awarded the TED Prize and is currently working with TED on a major international project to propagate the Charter for Compassion, which was crafted by leading thinkers in six of the world's religions.



kristin neff 150

Kristin Neff is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago as a healthier way to relate to one-self. She is author of the internationally acclaimed book *Self-Compassion* (2011) and



Speakers are listed in the order in which they will speak.



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Why attend?

A Groundbreaking Professional Conference

Empathy and Compassion in Society is a forum for professionals to explore what compassion is, how it can be cultivated, and what benefits it brings to the modern world.

The conference presents universal and well researched methods for cultivating empathy and compassion, show how these methods can enhance one's personal and professional life, and share concrete examples of organisations and public institutions where these methods have been shown to be effective.

Youth Gathering

Empathy and Compassion in Society is also a youth gathering for schools and youth groups on Wednesday 23 October in the morning.

The Youth Gathering is free of charge.

Please register as soon as possible with info@compassioninsociety.org

Who is this conference for?

The conference is aimed at professionals from all sectors, including those working in management, policy, law, education, health, social care, as well as in the private sector. Empathy and Compassion in Society is a non-profit event.

Practical Tools

Empathy and Compassion in Society 2013 gives professionals a fresh understanding and experience of methods to develop empathy and compassion. Internationally renowned neuroscientists, psychologists, thinkers and management consultants share their insights and present methods for developing compassion.

Innovators are also invited to submit case studies demonstrating how compassion has been a force for change in their area of work.

On Thursday 24 October, the conference includes a choice of one-hour workshops. It is also followed by one-day and two-day post conference workshops on 25-27 October.

Here is what 2012 participants said about it

“**Outstanding presenters.** I feel I've been brought right up to date and energised.” Healthcare professional

“**Fascinating**, of exceptional importance. It exceed all my expectations.” Academic Professor

“I actually felt more **renewed** than I did after our summer break.” Associate Headteacher

“Inspirational that has triggered numerous **ideas for action.**” Communication Consultant

“One of the most **inspiring** days in my life, thank you.” Clinical Psychologist

“**I learnt more than I imagined** I would – Can we have follow-up workshops on offer?”
Education NGO Director



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The Benefits of Creating a Culture of Compassion

Thursday 24 October

9.00 to 21.30

Is compassion a quality that can be cultivated? Do we stand to gain or lose from creating a culture of compassion?

- 9.00 - 9.30 **Welcome and Introduction**
- 9.30 - 11.00 Keynote Speakers: The Human Mind, Decision-Making and Compassion
- 11.00 - 11.30 Break
- 11.30 - 13.00 **Roundtable** with business and public sectors leaders, psychologists and management consultants
- 13.00 - 14.00 Lunch
- 14.00 - 15.15 **Workshops**
Self-Compassion and Emotional Resilience with **Kristin Neff**
- Compassion and Ethical Decision-Making with the **Tenzin Gyatso Institute**
- Deep Listening, a skill for compassionate communication with **Rosamund Oliver**
- 15.15 - 15.30 Break
- 15.30 - 16.15 The Benefits of Compassion in Organisations
- Three Case Studies (**Call for papers**)
- 16.15 - 16.45 Questions and Answers with **Adam Grant**, best-selling author of *Give and Take*
- 16.45 - 17.30 Conclusion
- 19.00 - 21.30 Preview of the documentary film *10% - What Makes a Hero* by **Yoav Shamir**

Post-Conference Workshops

Friday 25 October

One-Day Workshops

Self-compassion and Emotional Resilience – Dr. Kristin Neff (All sectors)

Compassion and Ethical Decision-Making – Tenzin Gyatso Institute (All sectors)

A Toolkit for Compassion and Resilience in the Workplace and the Community – FDCW (All Sectors)

Saturday 26 & Sunday 27 October

Two-Day Workshops

Cultivating Mindfulness and Empathy in Teaching – Mind with Heart (Education)

Creating Compassionate Cultures in Primary Schools – Pam Cayton (Education)

Stress at Work: A Compassionate Approach – Maureen Cooper (All sectors)

Compassion and Presence in Health and Social Care – The Spiritual Care Programme (Health and Social Care)

The conference and the post-conference workshops will be CPD certified.



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Register

Registration

Registration takes place online on www.compassioninsociety.org

The workshops are booked online at registration. Places are limited.

Individual payments are made by credit card. Organisations can request an electronic invoice.

The conference is a not-for-profit event organised by a partnership of charities.

Conference Fees

Conference passs	£360
Conference only	£220
Friday Workshop (with conf.)	£130
Saturday and Sunday Workshop (with conference)	£220

No VAT is charged.

Check the website for:

- A 20% reduction for members of supporting organisations
- Concessions, student tickets, and tickets for participants from non-OECD countries
- Reductions when you register four or more participants

Venue & Access

The venue is the Friends House, right in the centre of London, opposite Euston Station.

The full address is: Friends House, 173 Euston Road, London NW1 2BJ.

Euston Station has easy access to railway, tube lines and buses. It is also only a ten-minute walk from King's Cross Station and from the Eurostar at St Pancras Station, for European travel.

All international airports are within easy reach from these three stations.

The venue is wheelchair accessible, and guide and assistance dogs are welcome.

The conference is not residential. A wide range of hotels and accommodation can be found within walking distance.

Terms & Conditions

Cancellations and Amendements

We regret that the tickets are not refundable, although substitutions can be made at any time.

Please note that we are not able to offer refunds for cancellations arising from events outside of our control, and we reserve the right to alter the programme or venue without notice due to unforeseen circumstances.

Reminder E-mail

A reminder e-mail with details of the event will be sent within 14 days of the event date. We cannot be held responsible for non-arrival of this information. If you have not received the e-mail within 7 days of the event date, please contact info@compassioninsociety.org

Liability

We do not accept responsibility for anyone acting as a result of information or views expressed during the conference. Opinions expressed are those of the speakers and not necessarily those of the organisers.

Data Protection

We will not use your contact details for any other purpose than sending you information about your registration.

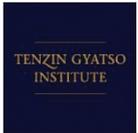
If you would like to receive other news and updates, please visit www.compassioninsociety.org to join our social networks and subscribe to our e-newsletter



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Partners



The **Tenzin Gyatso Institute**, named after the 14th Dalai Lama, has been established to put into action his principles and ideals, including the values of compassion, religious harmony and universal responsibility.

www.tenzingyatsoinstitute.org



The **Charter for Compassion** is a cooperative effort to restore not only compassionate thinking but, more importantly, compassionate action to the centre of religious, moral and political life.

www.charterforcompassion.org



Action for Happiness is a movement of people who are taking action in their personal lives, homes, workplaces and communities, to help create a happier society for everyone.

www.actionforhappiness.org



The **Spiritual Care Programme** trains health and social care professionals in compassionate presence and supports people facing difficulties, illness and death.

www.spcare.org



The **Compassionate Mind Foundation** promotes wellbeing through the scientific understanding and application of compassion.

www.compassionatemind.co.uk



The **Foundation for Developing Compassion and Wisdom** is an international non-governmental organisation that promotes peace in the world by offering tools to lead a happy and meaningful life.

www.universalwisdomeducation.org



Mind with Heart is an international charity dedicated to giving the space to young people and their educators to investigate and experience empathy, altruism and compassion.

Mind with Heart also initiated and coordinates the Empathy and Compassion in Society Partnership.

www.mindwithheart.org.uk

Supporting Partners



Major Sponsors

