

SELF-COMPASSION 101

THE SKILL THAT
SAVED ME
by Fe Amarante

AND YOUR
UR FEELINGS.
RSELF
IF YOU WISH
AND OTHERS.

without self-compassion
the self-aggressive act of
dragging ourselves through
Life gets hard. Leading
Doing it without self

COMMITTEE

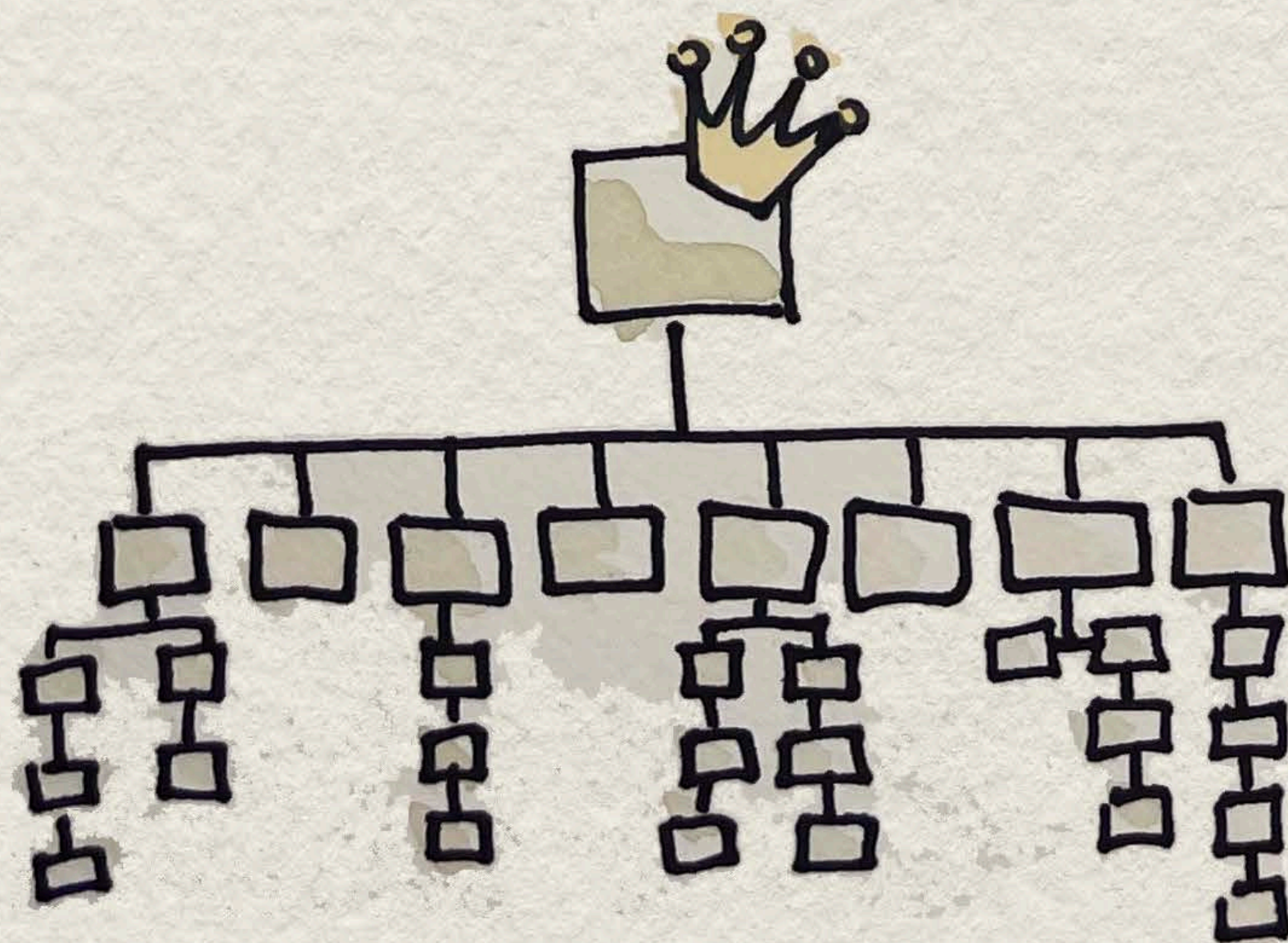
LOCKER

WE'RE

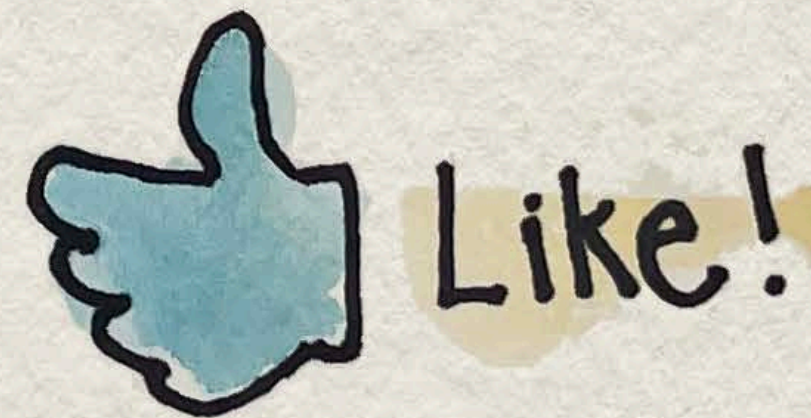
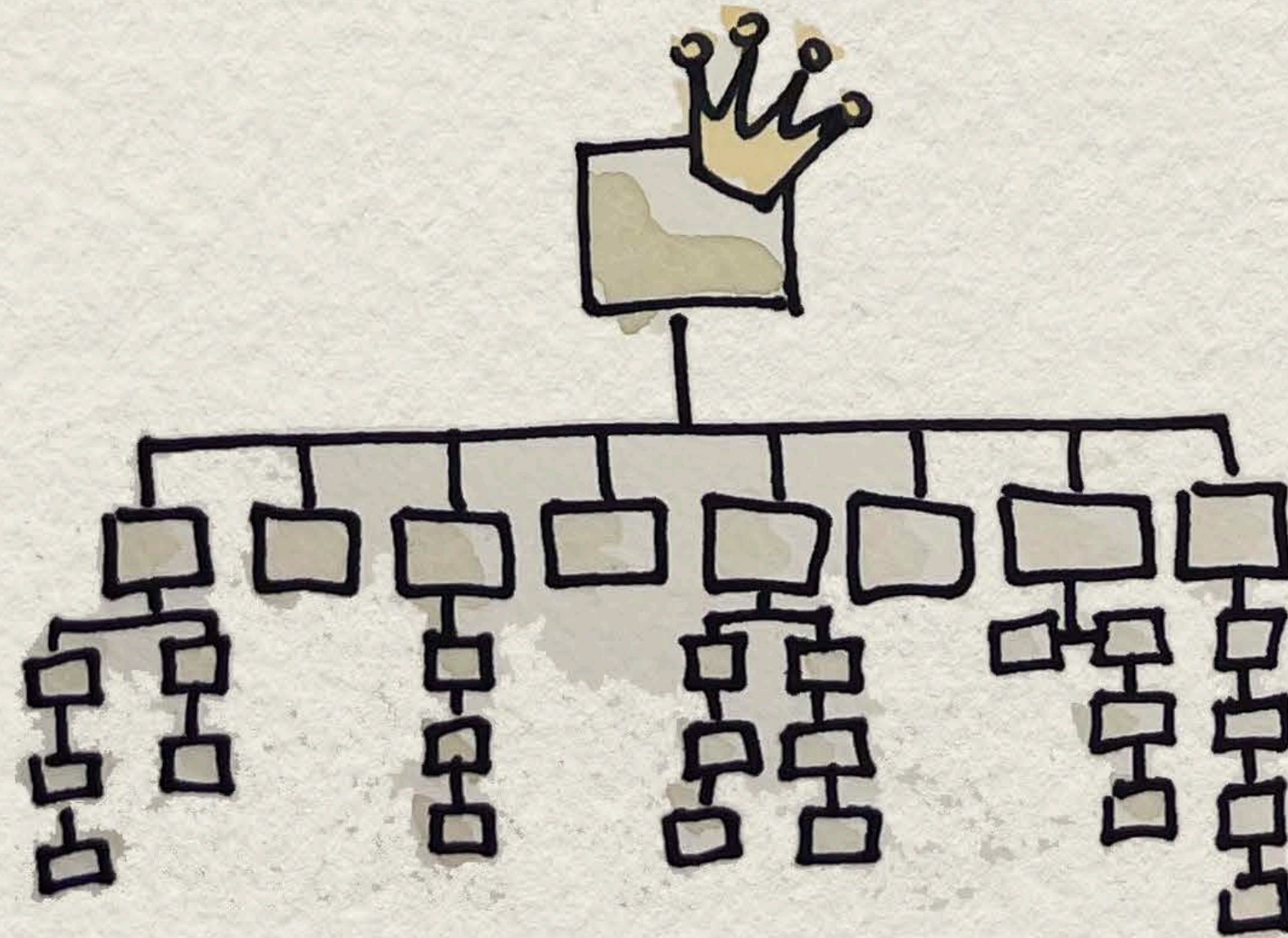
WE ARE LEADERS

WE HAVE ALWAYS BEEN **LEADERS**

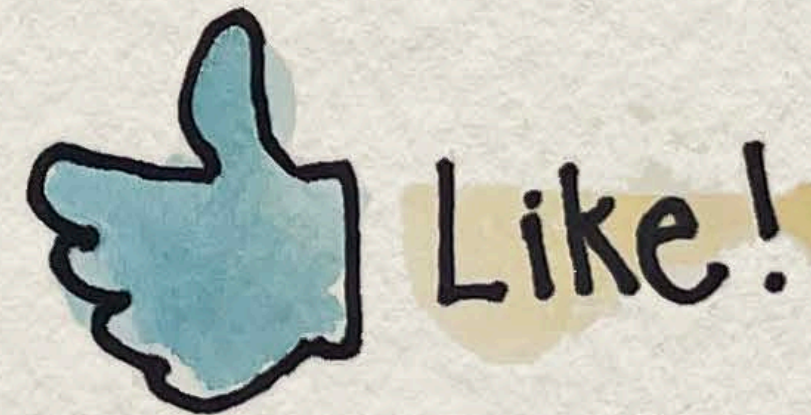
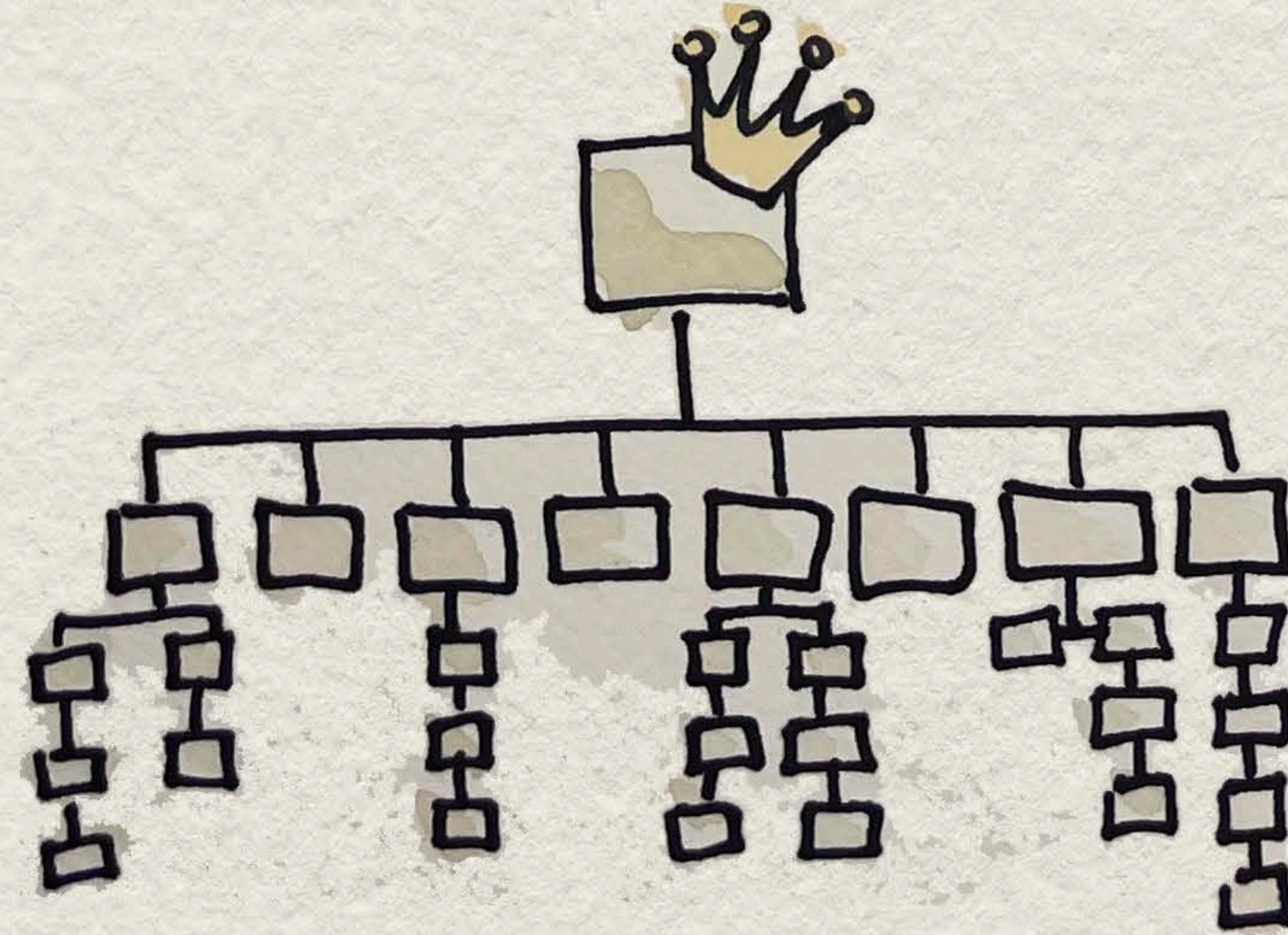
WE LEAD OURSELVES



who we're being while we



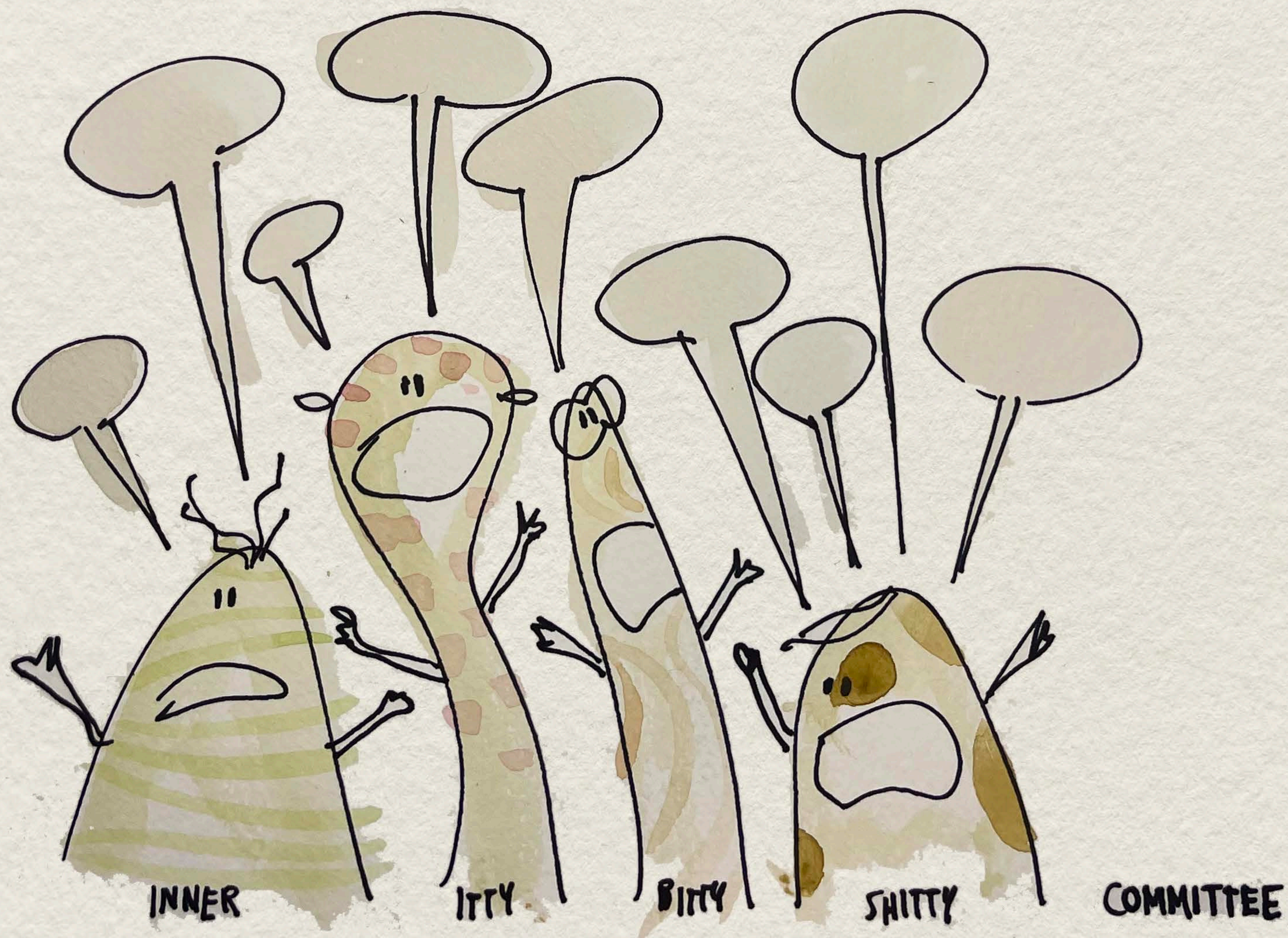
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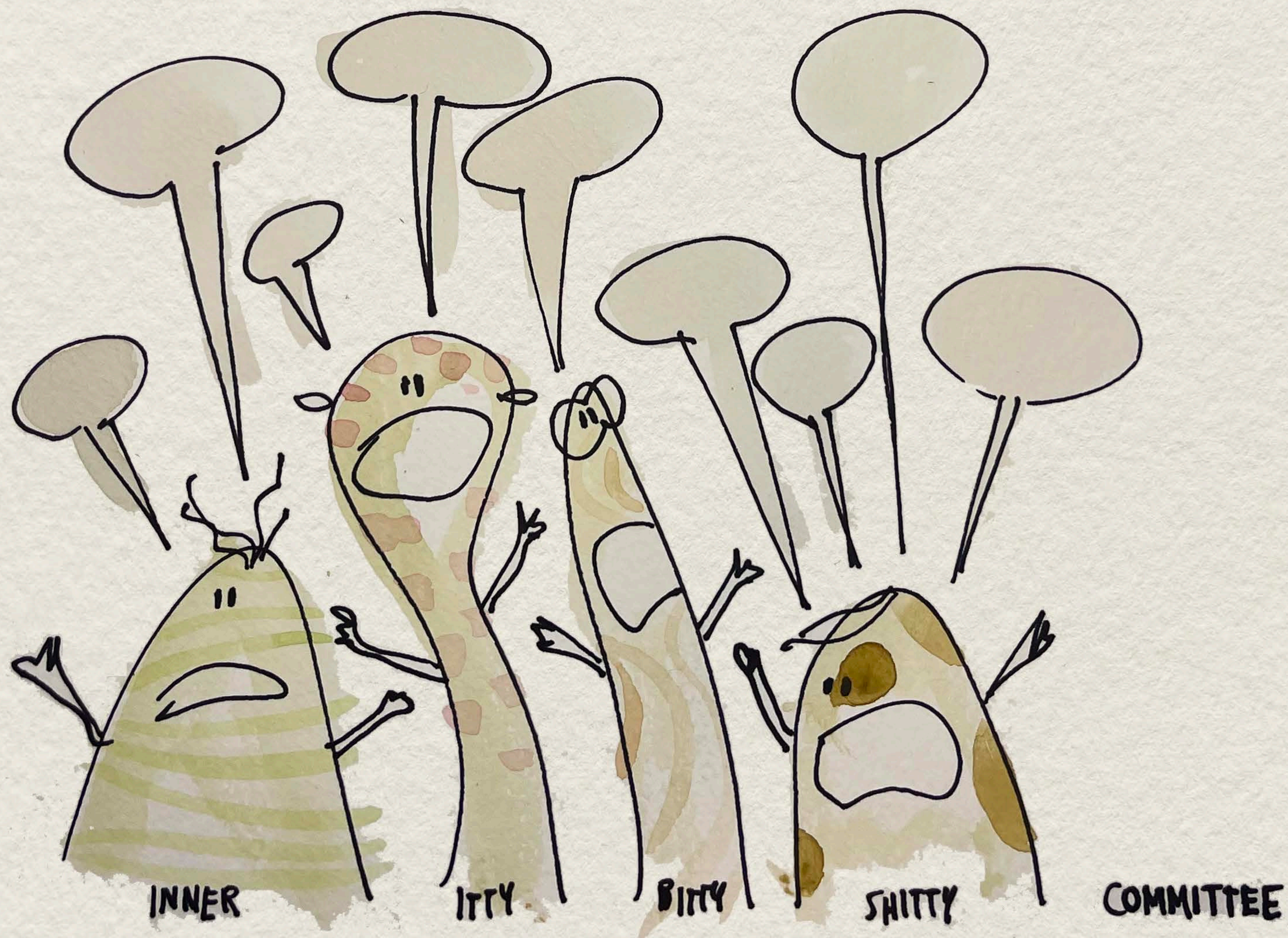


is who we are as leaders

We can be the
EXAMPLE ★★

or we can be the
WARNING





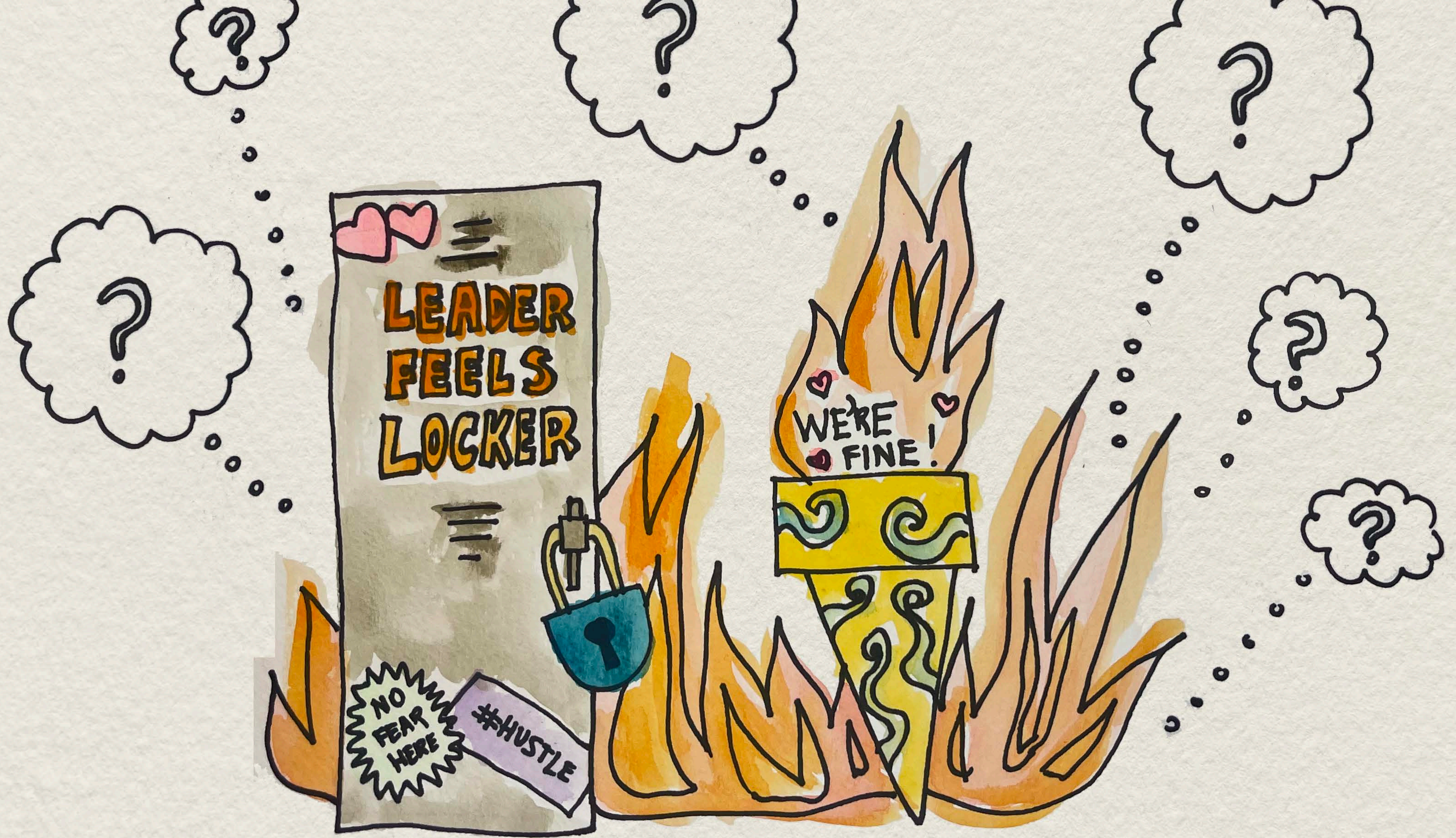
INNER

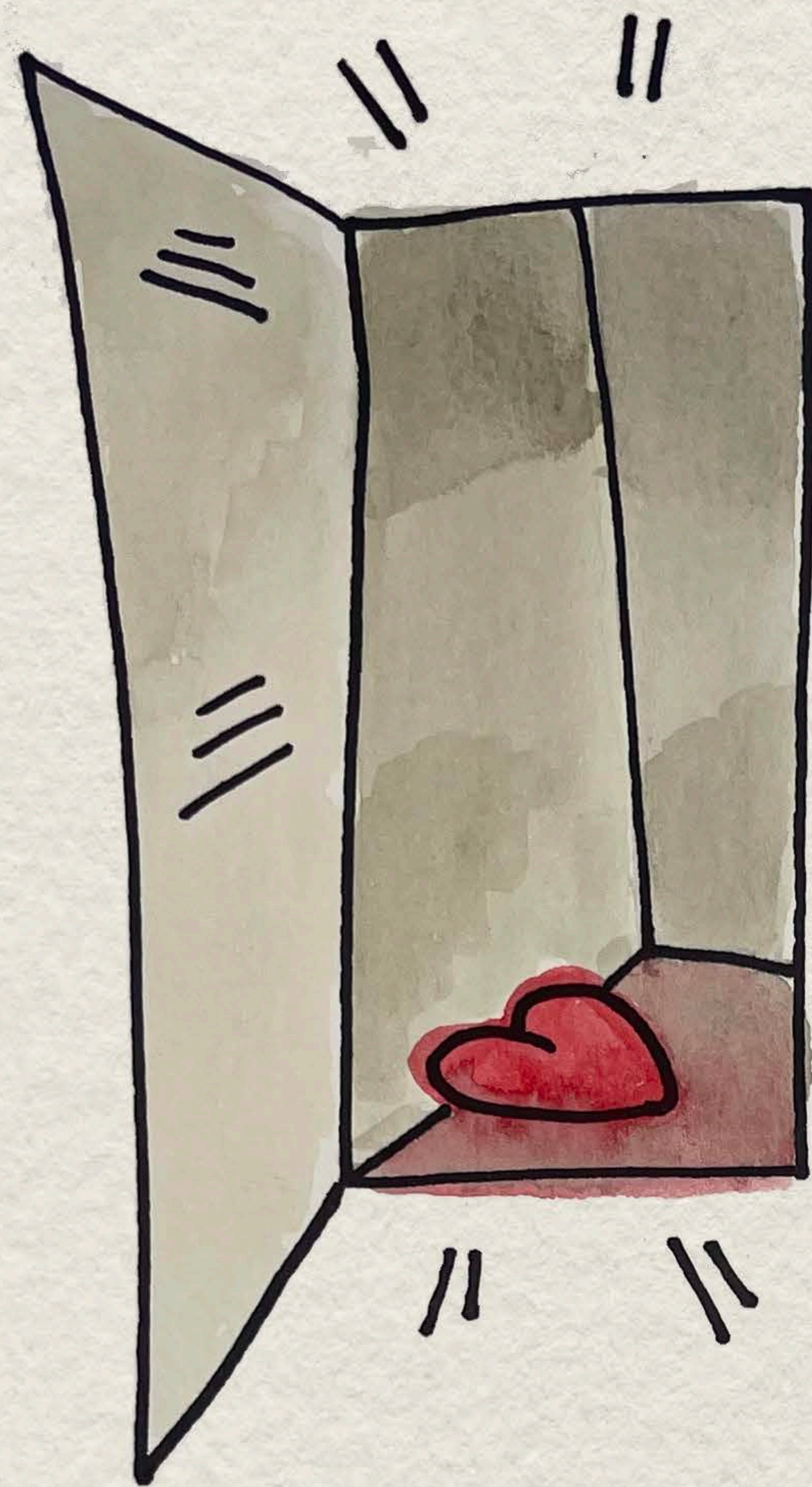
ITTY

BITTY

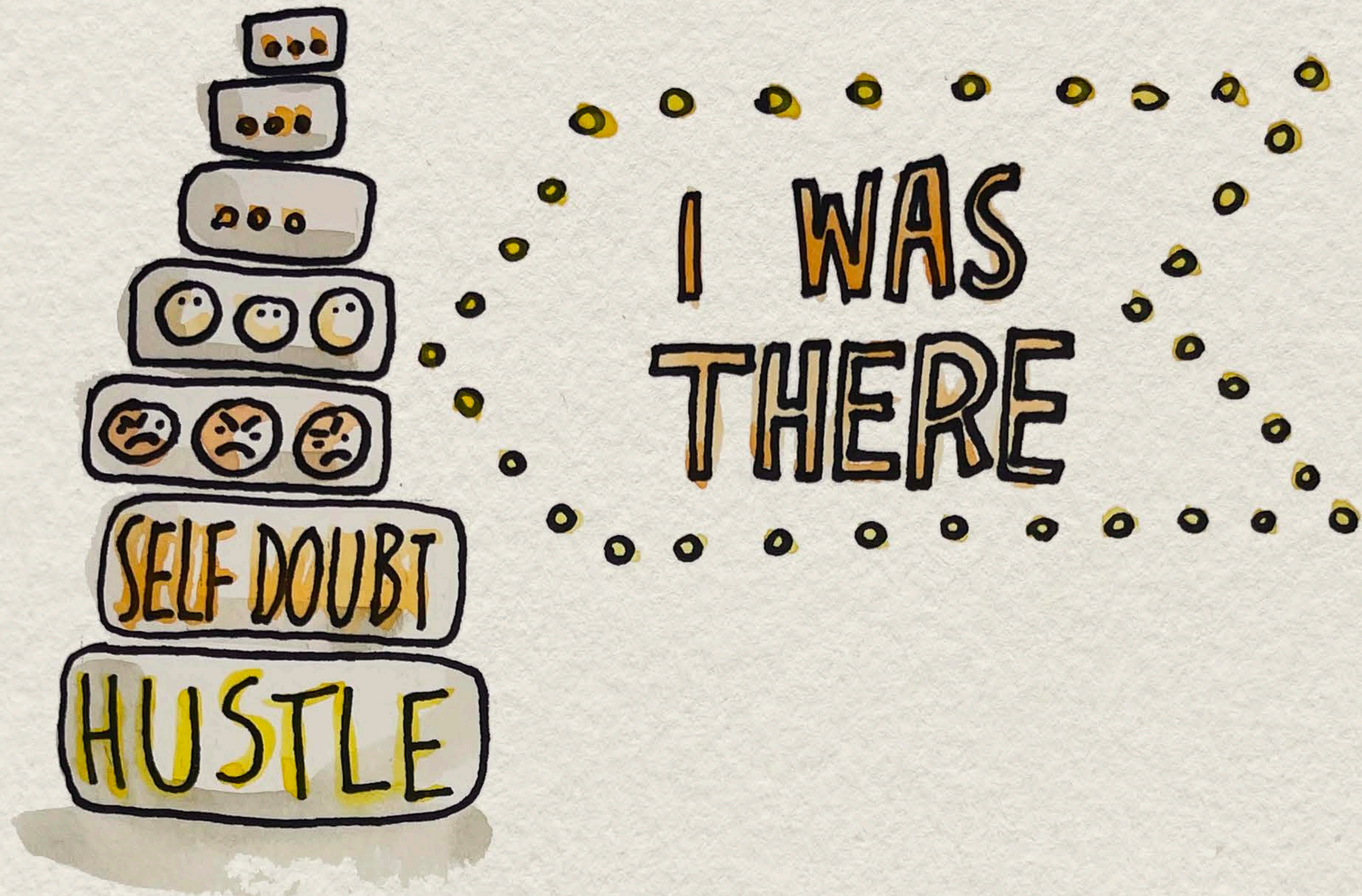
SHITTY

COMMITTEE





WE FORGET
OURSELVES...
WE ABANDON
OURSELVES...





THE ARMOUR

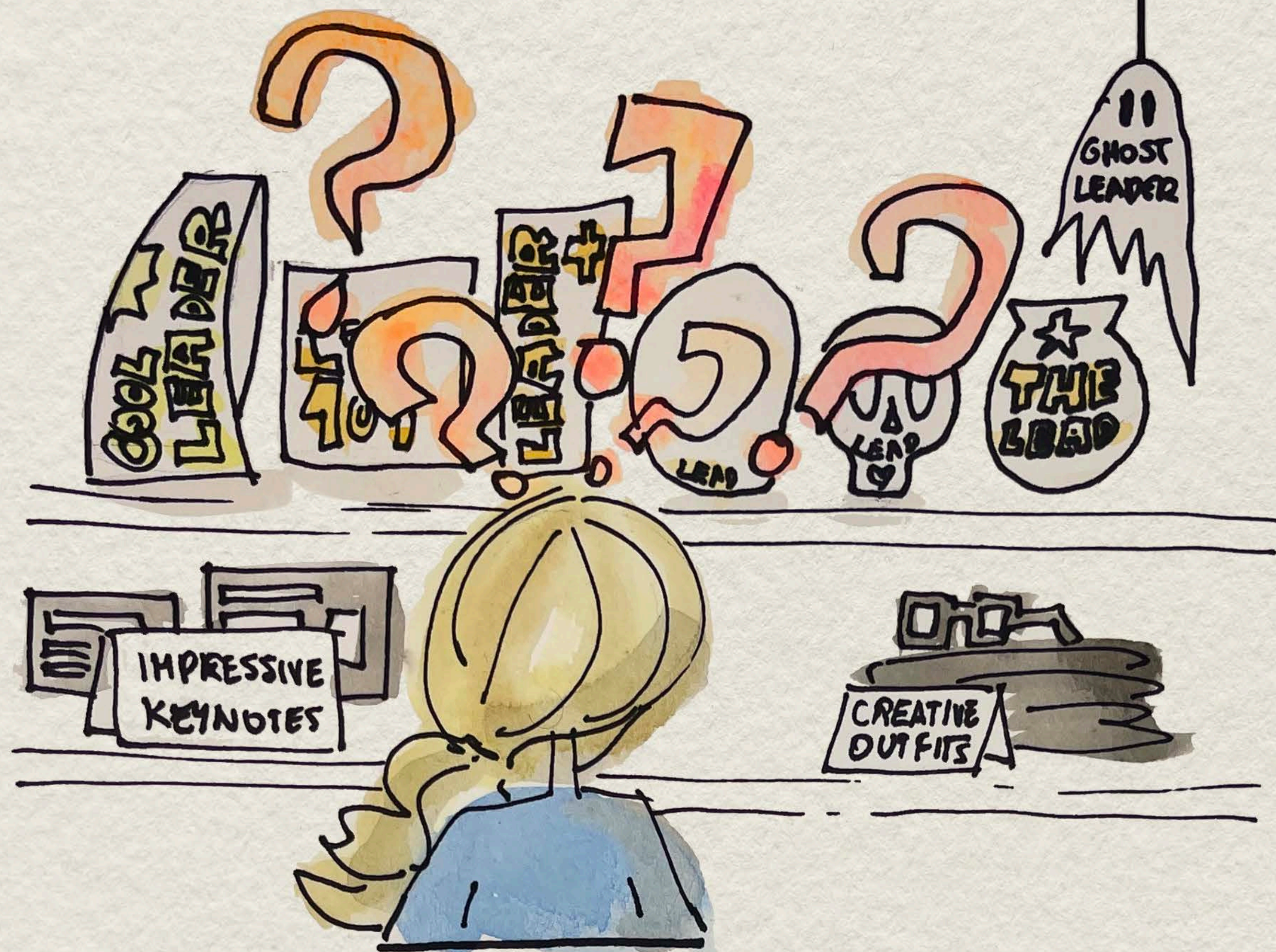


THE ARMOUR

TOO THIS.
TOO THAT.

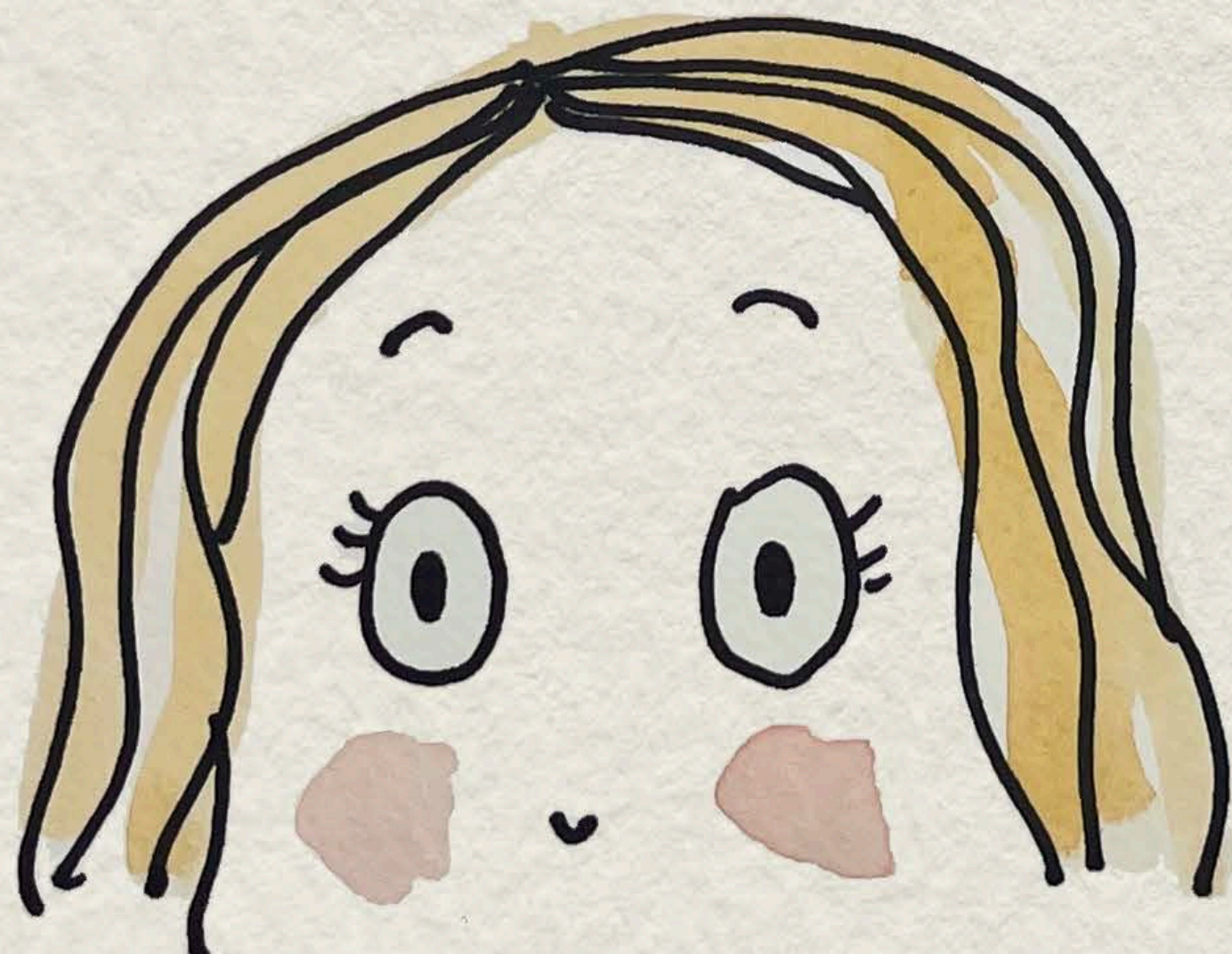
TOO THIS.
TOO THAT.





GULP.





GULP. OK, THIS IS ALL TRUE, BUT HOW AM I GOING TO TRANSITION FROM THIS INTO SELF-COMPASSION AS THE THING THAT SAVED ME AS A HUMAN AND AS A LEADER IN THE MOST TERRIFYING, DIFFICULT, COMPLICATED YEAR OF MY LIFE, WHEN THE ENTIRE WORLD CAME CRUSHING DOWN ON ME WHILE I DRIFTED AWAY INTO ANXIETY AND PANIC ATTACKS?

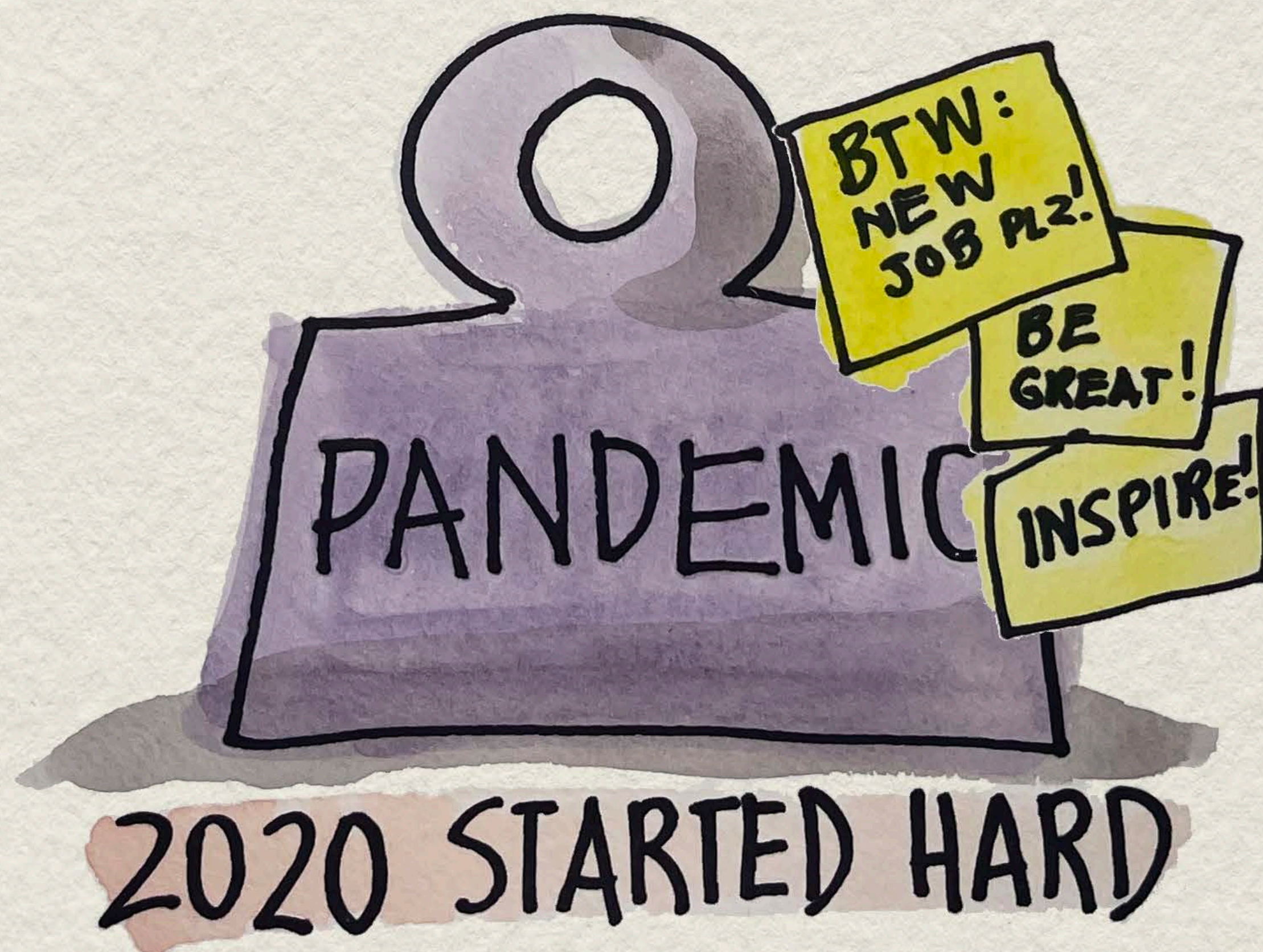
THE TRUTH IS
THE WAY THROUGH.

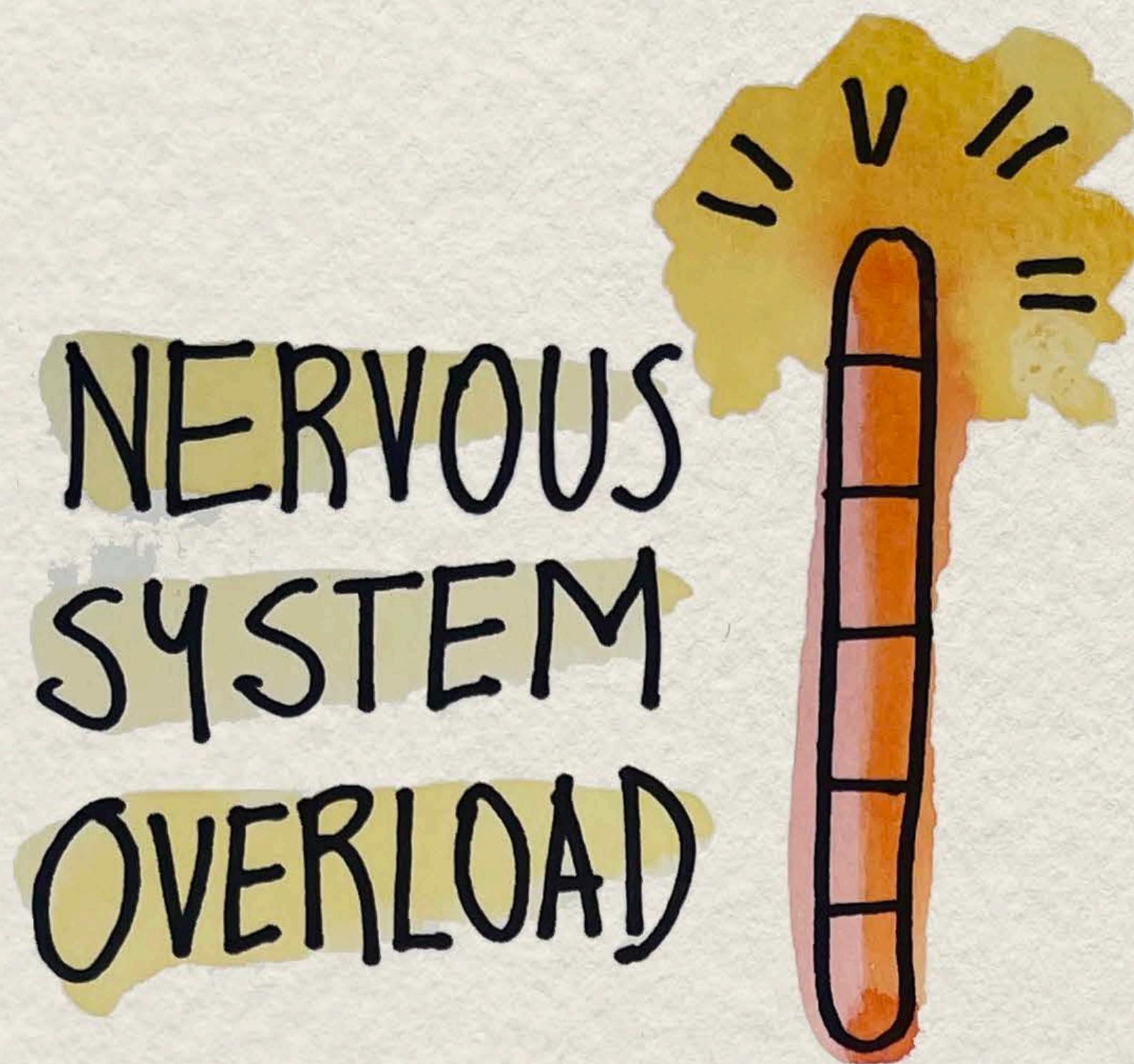


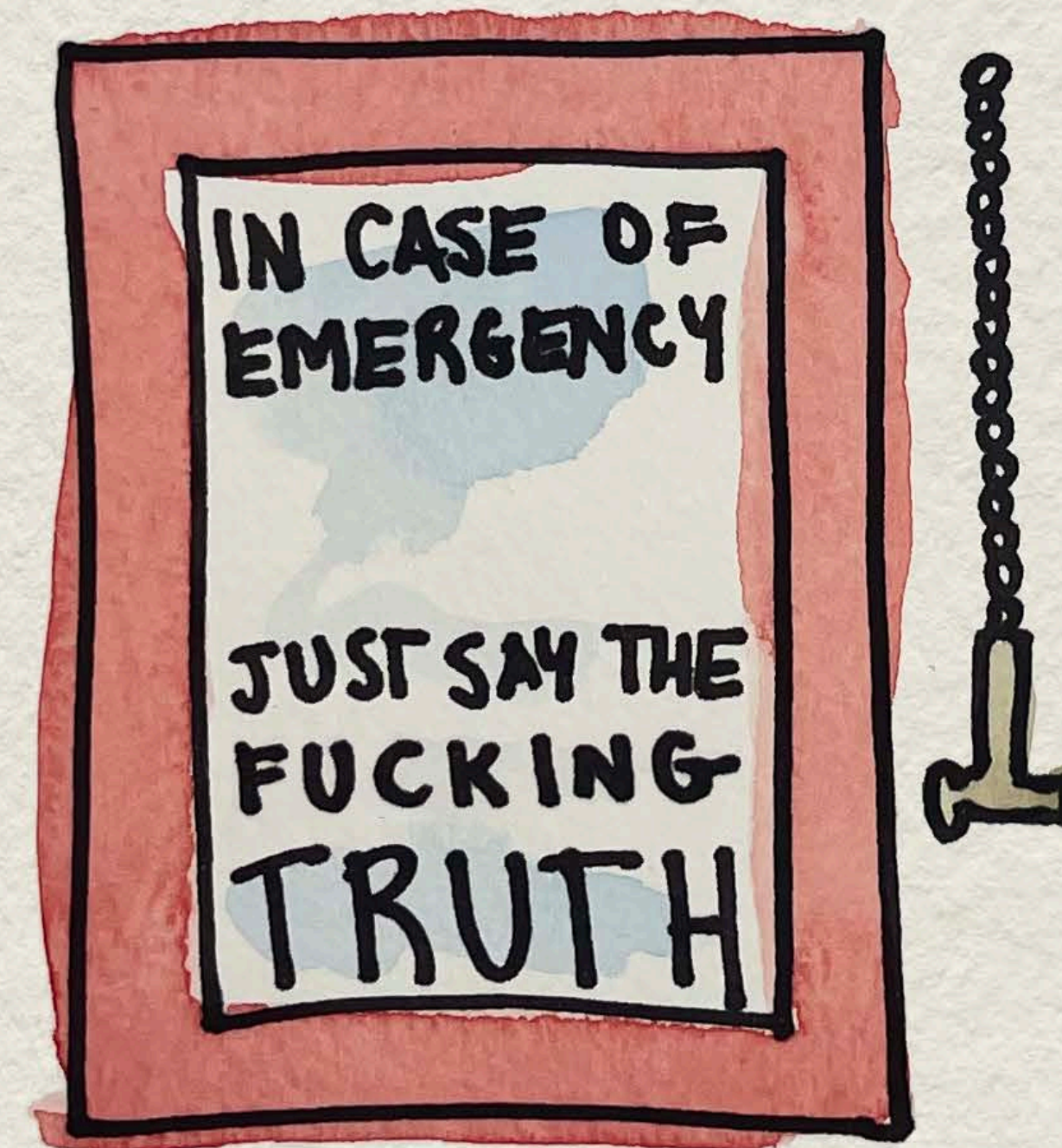
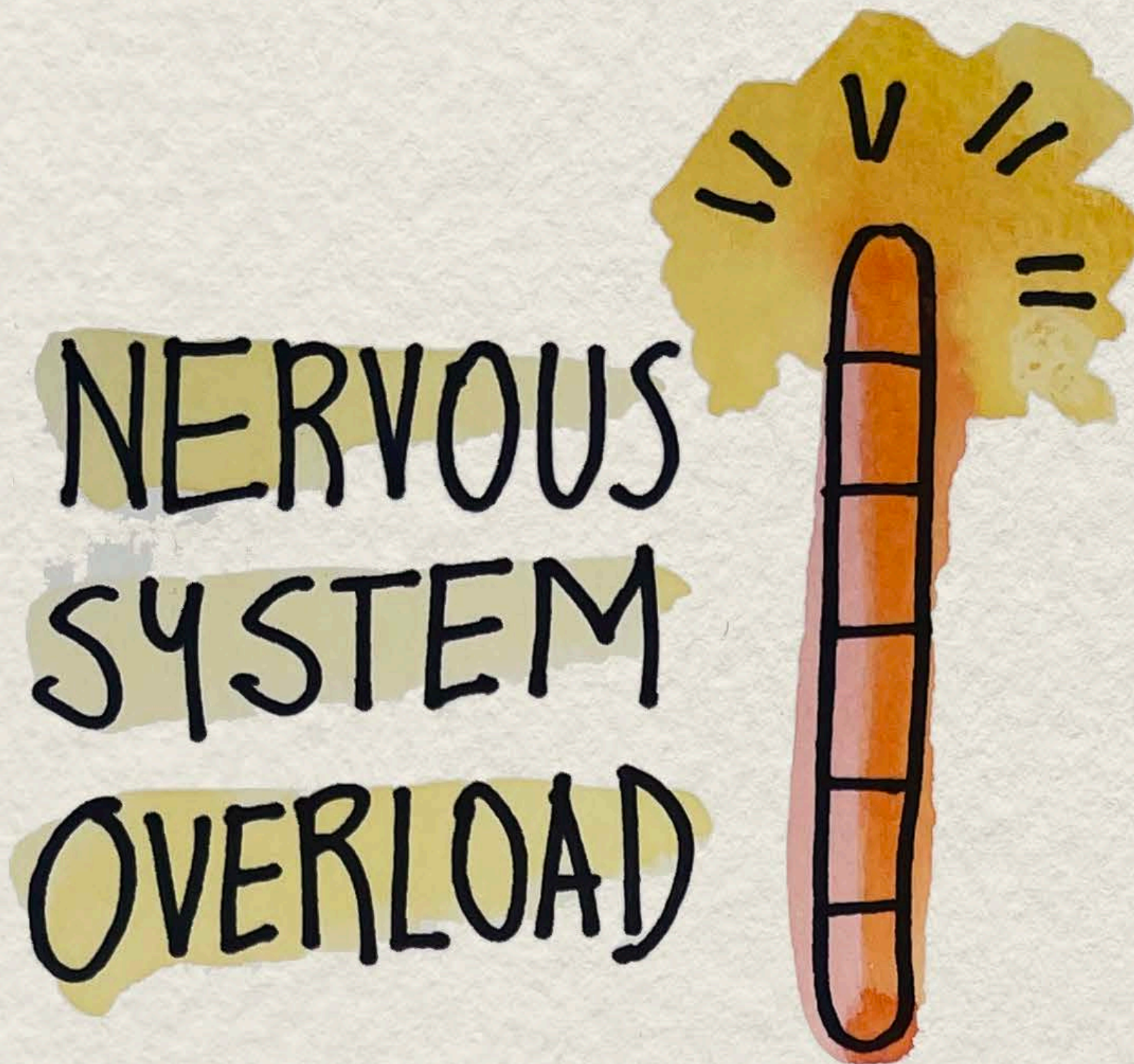
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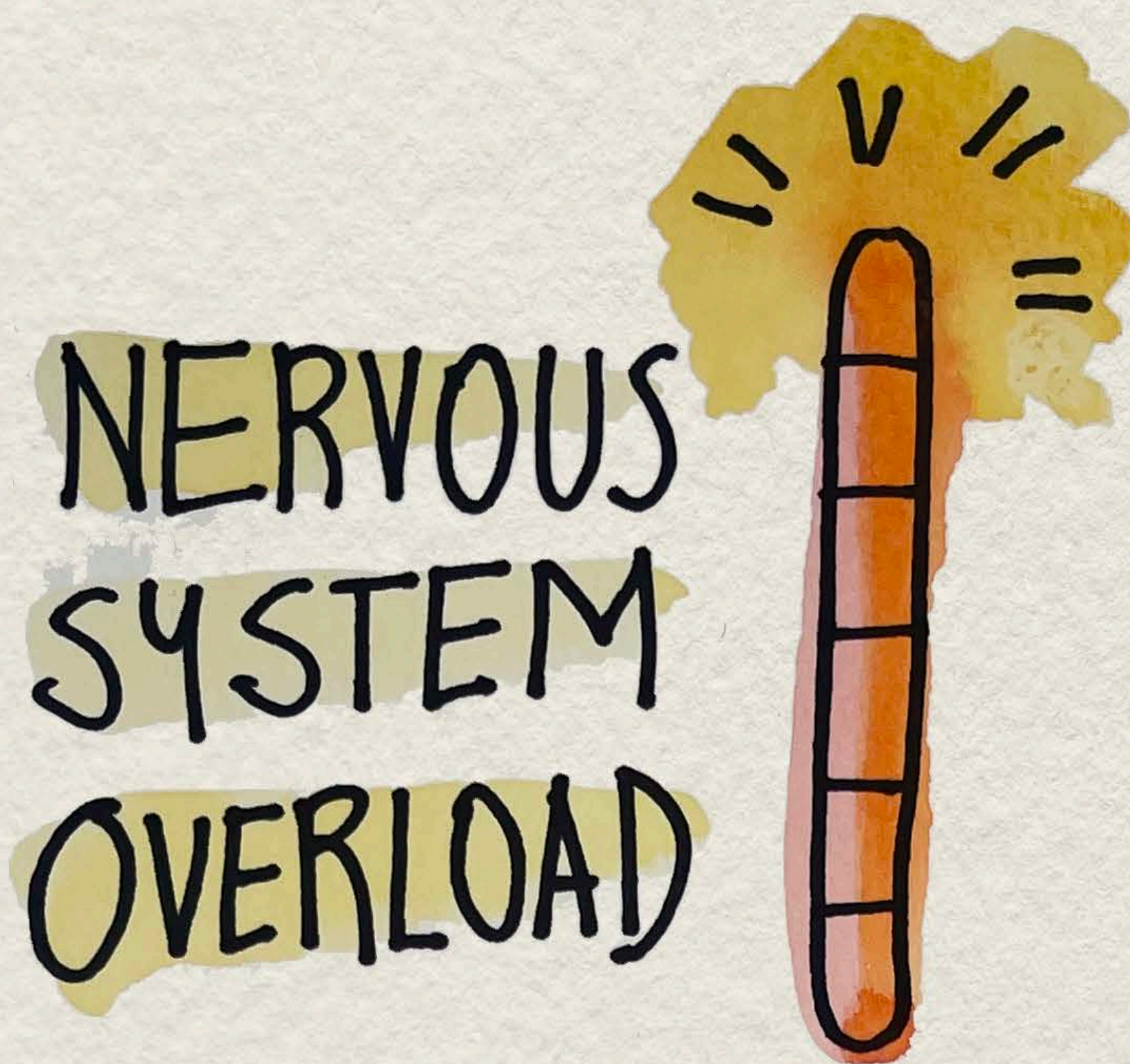
2020 STARTED HARD







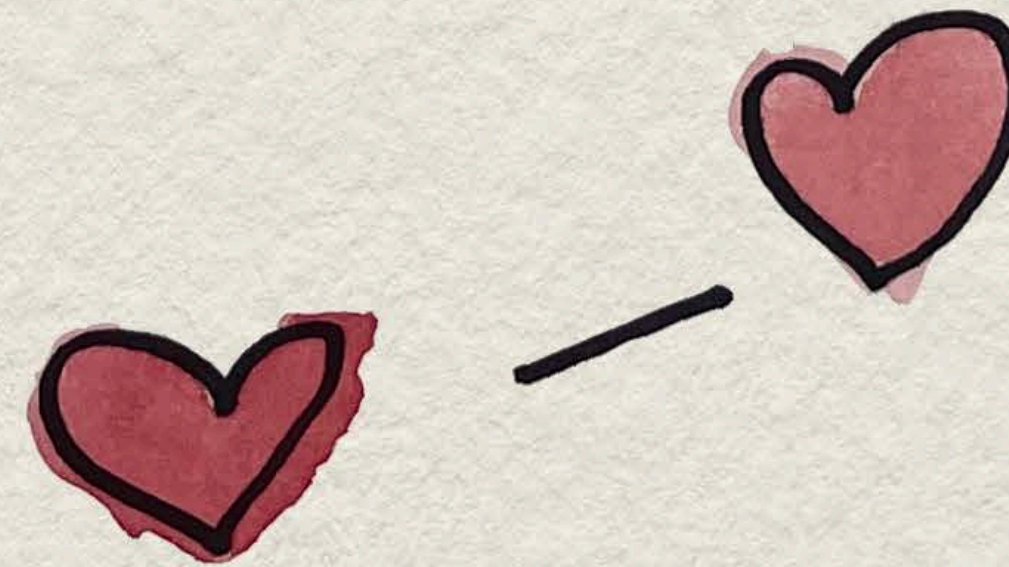




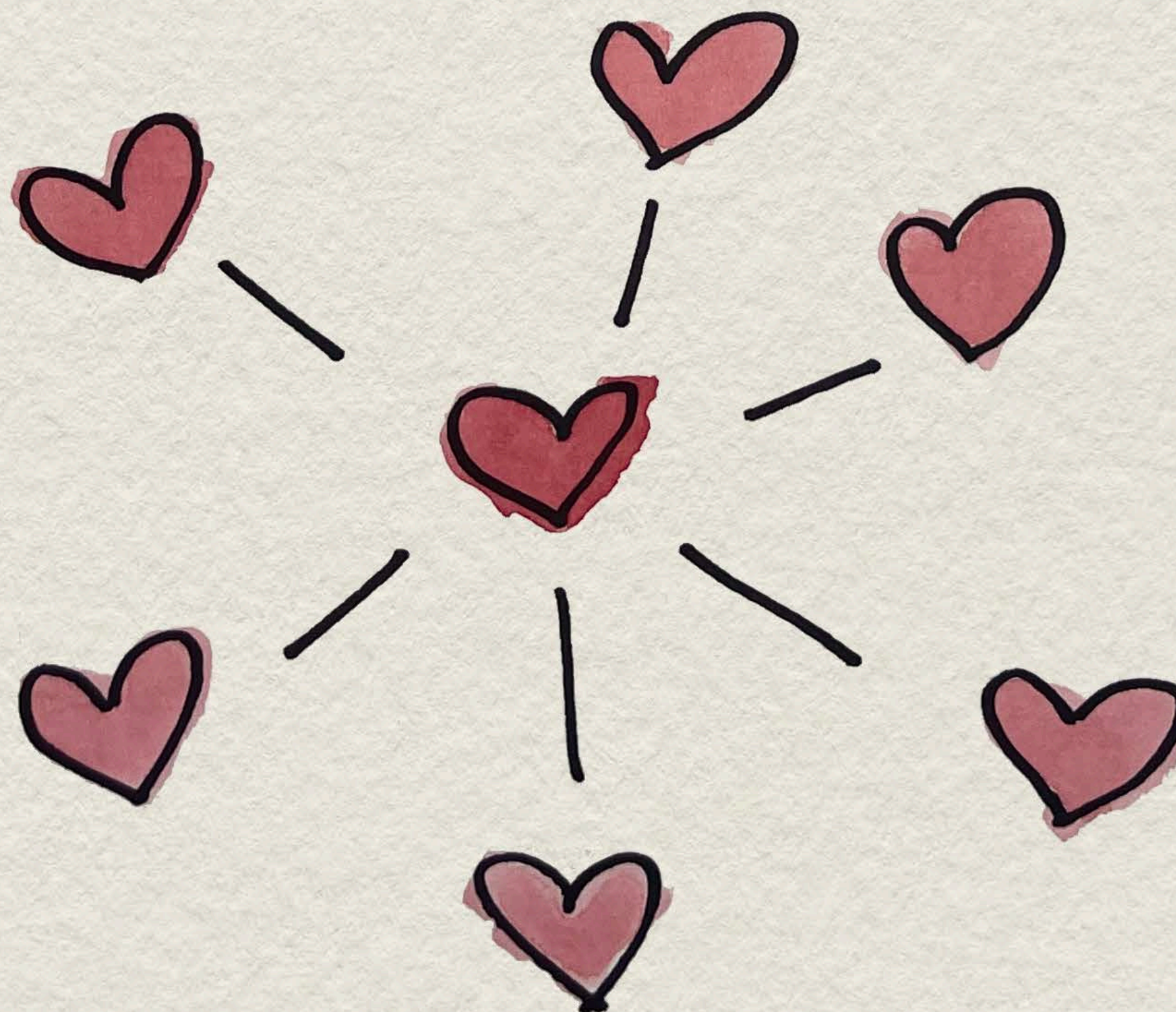


FEELINGS ARE OK.
NOT KNOWING IS OK.
BEING AN IMPERFECT
HUMAN IS OK.
THE TRUTH IS
ALWAYS THE WAY.

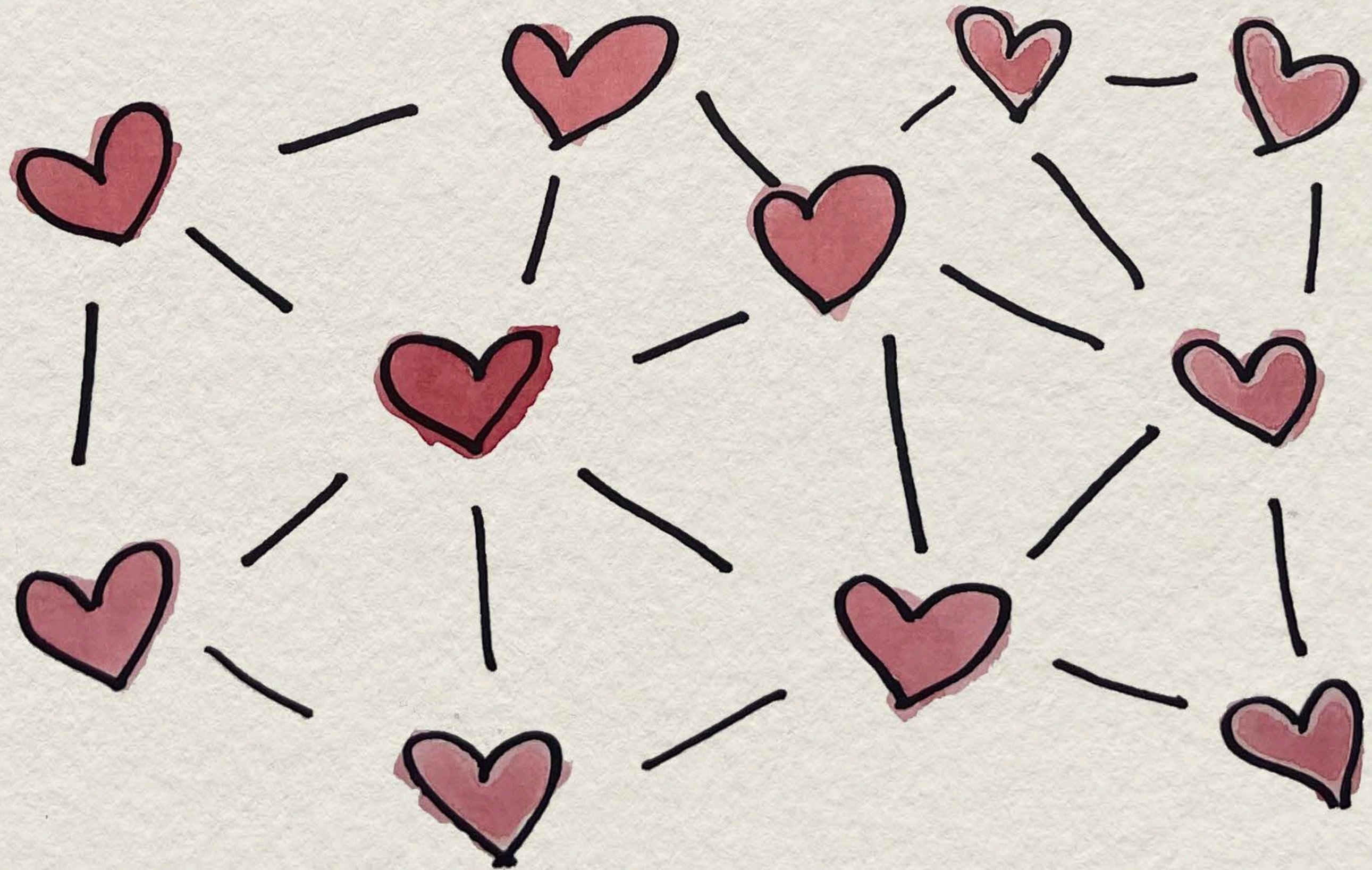
TRUTH TELLING



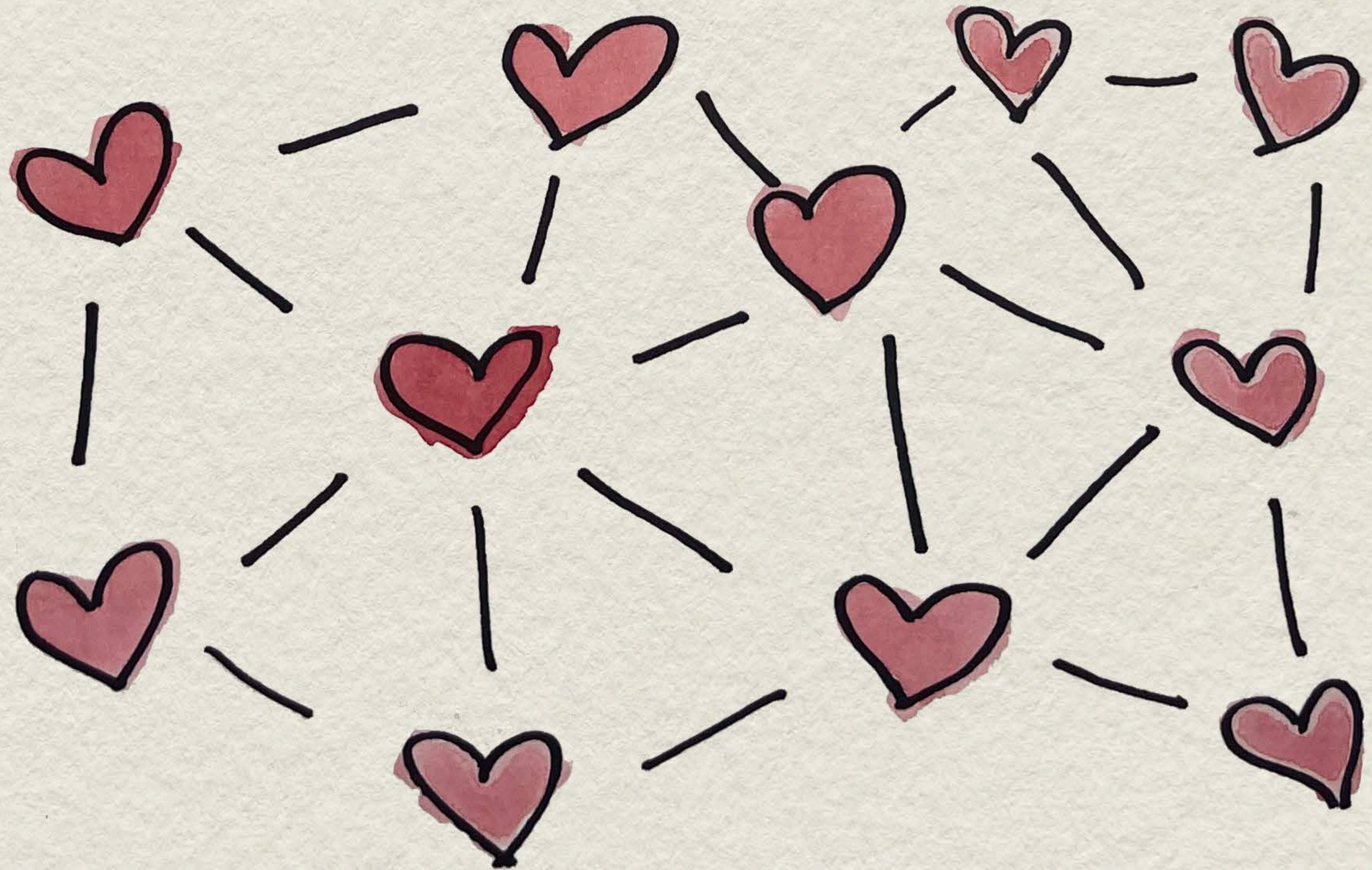
TRUTH TELLING
MORE TRUTH TELLING



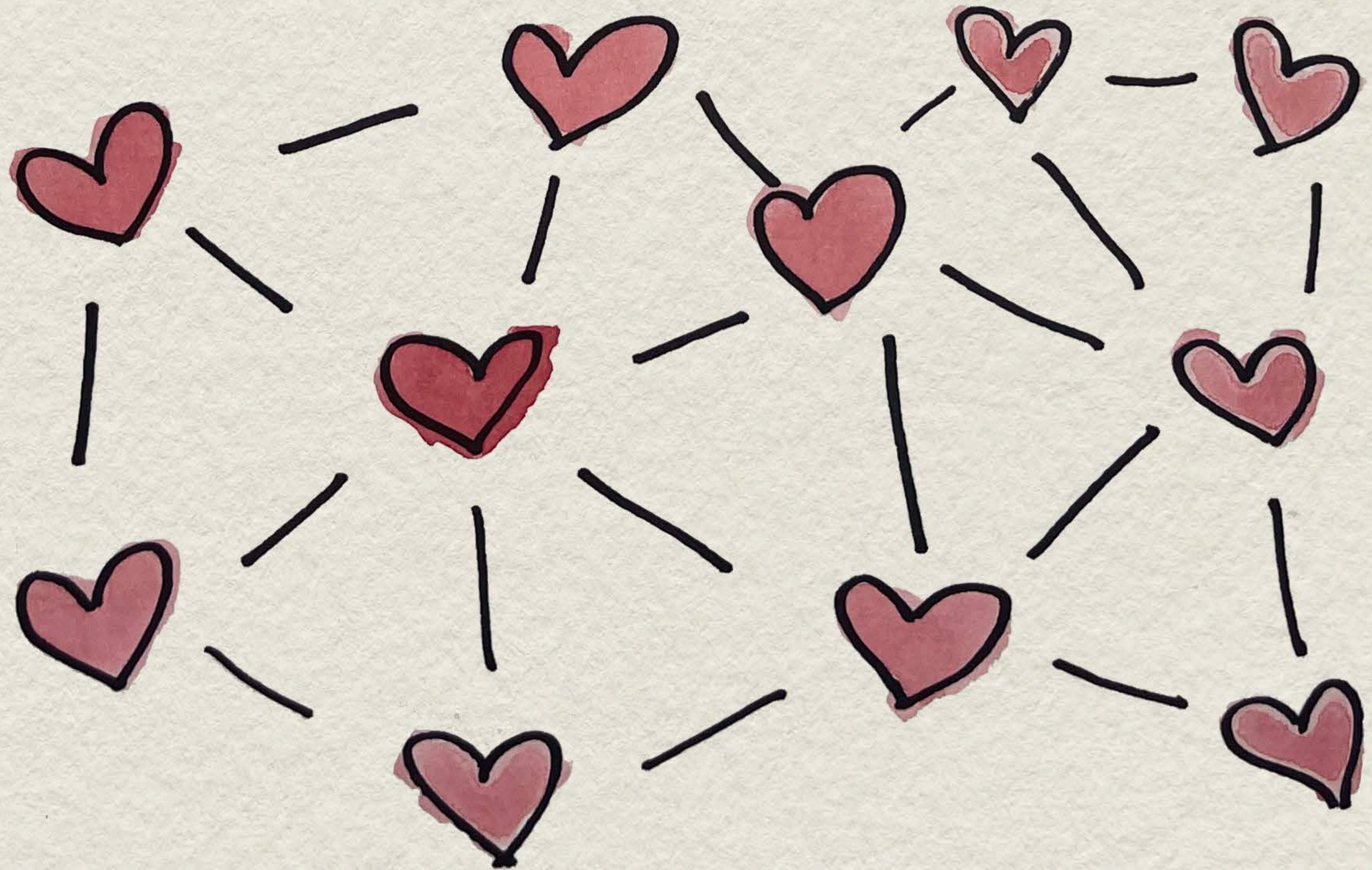
TRUTH TELLING
MORE TRUTH TELLING
MORE TRUTH TELLING



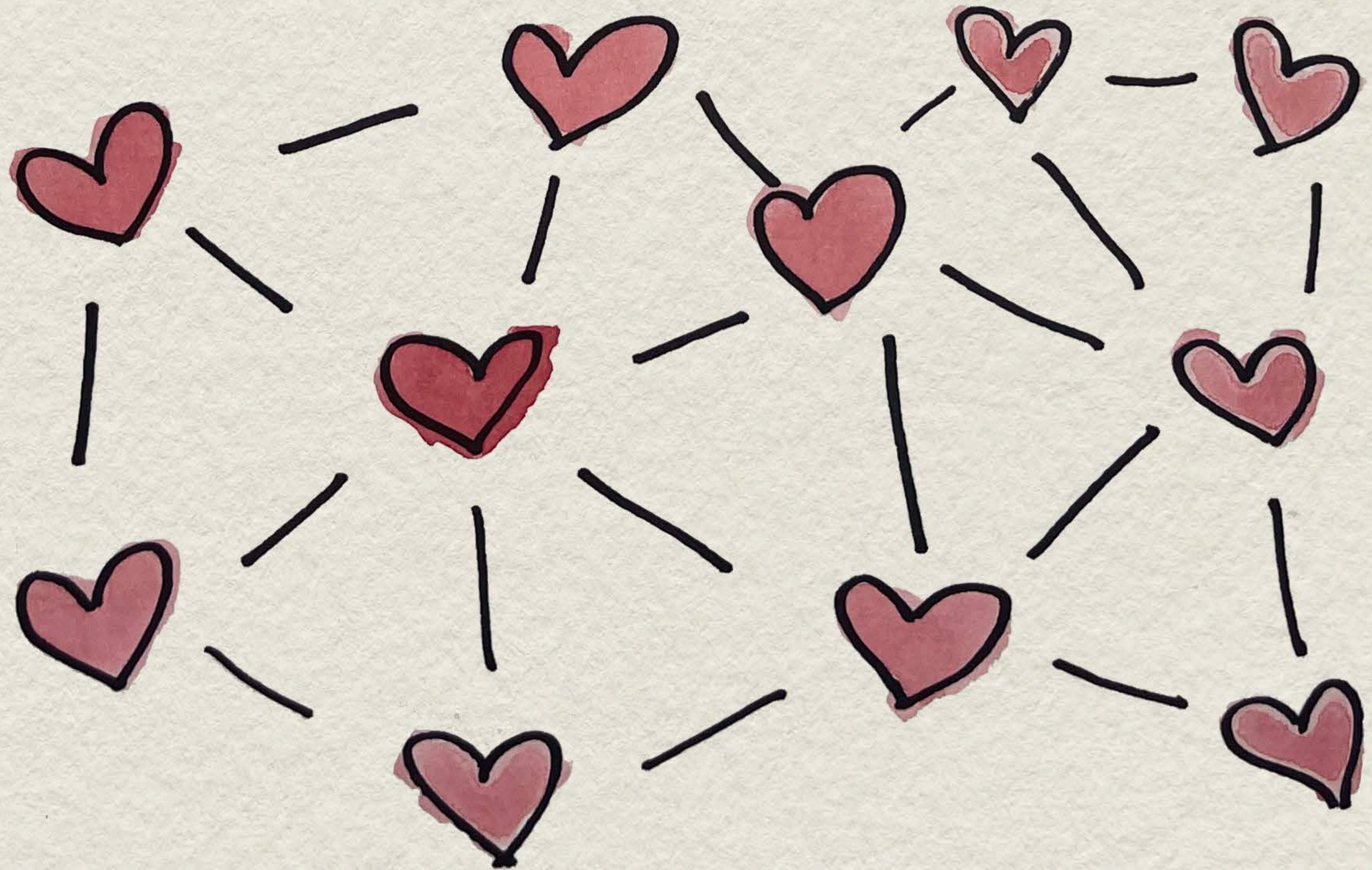
FEELINGS VALIDATED



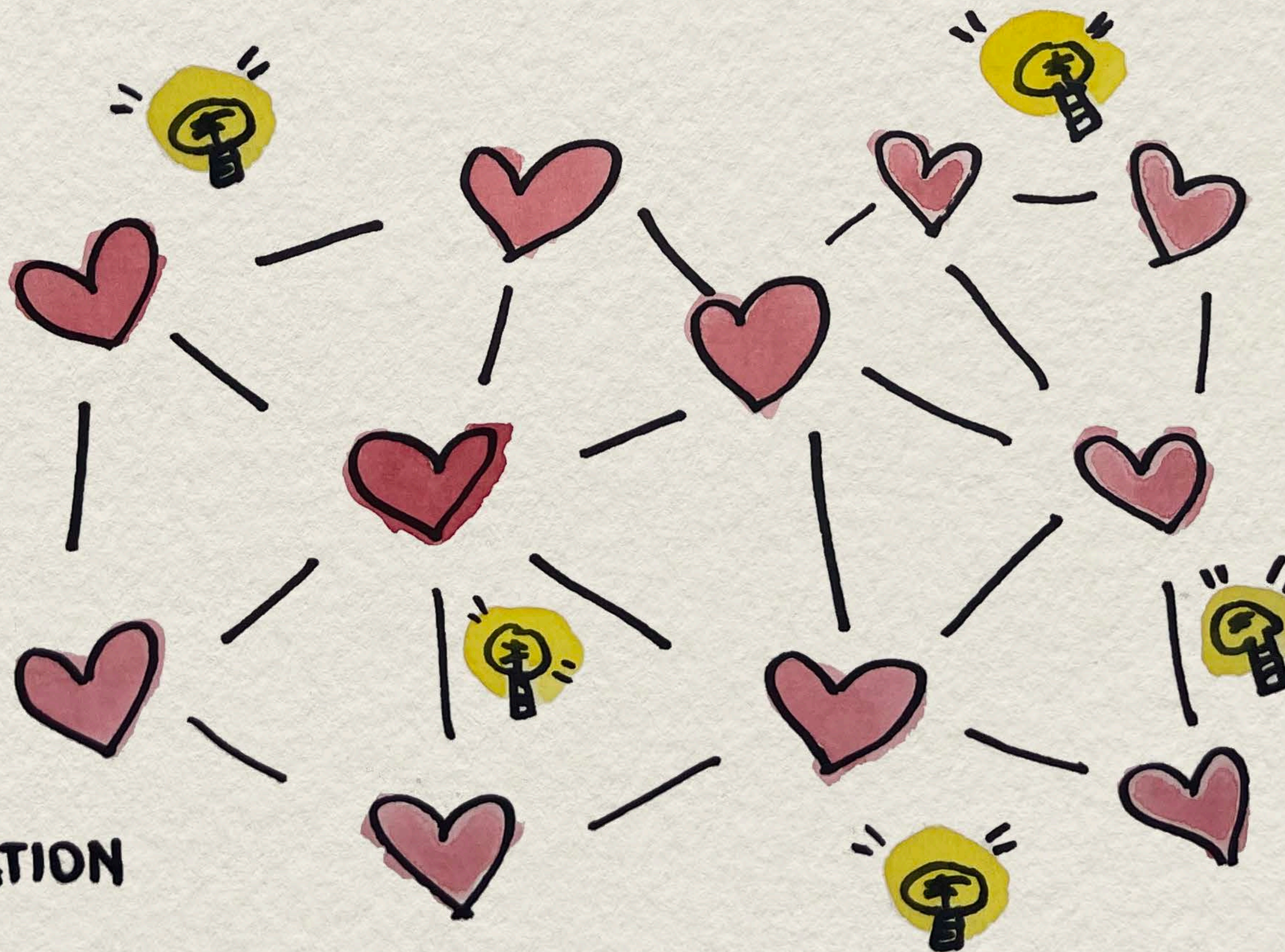
FEELINGS VALIDATED
NERVOUS SYSTEMS REGULATED

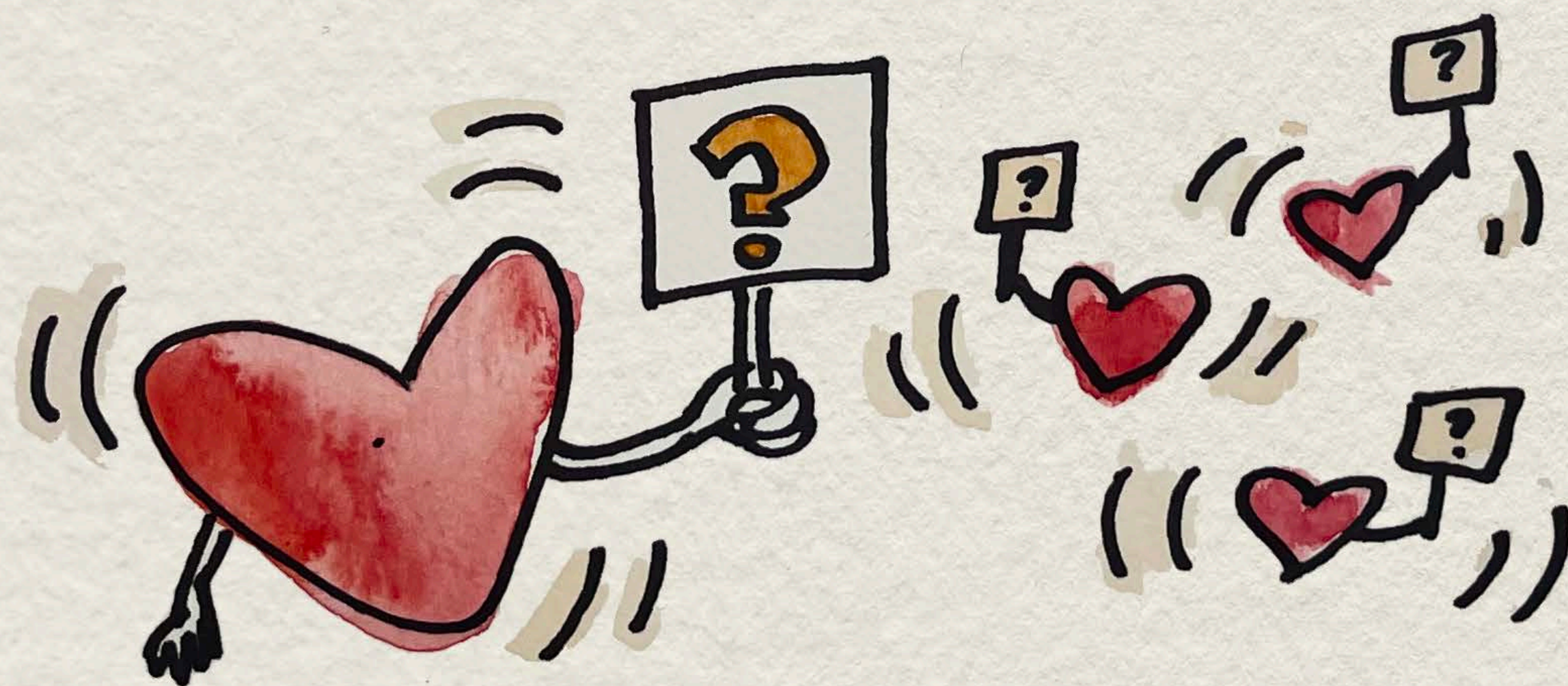


FEELINGS VALIDATED
NERVOUS SYSTEMS REGULATED
SAFETY AND TRUST

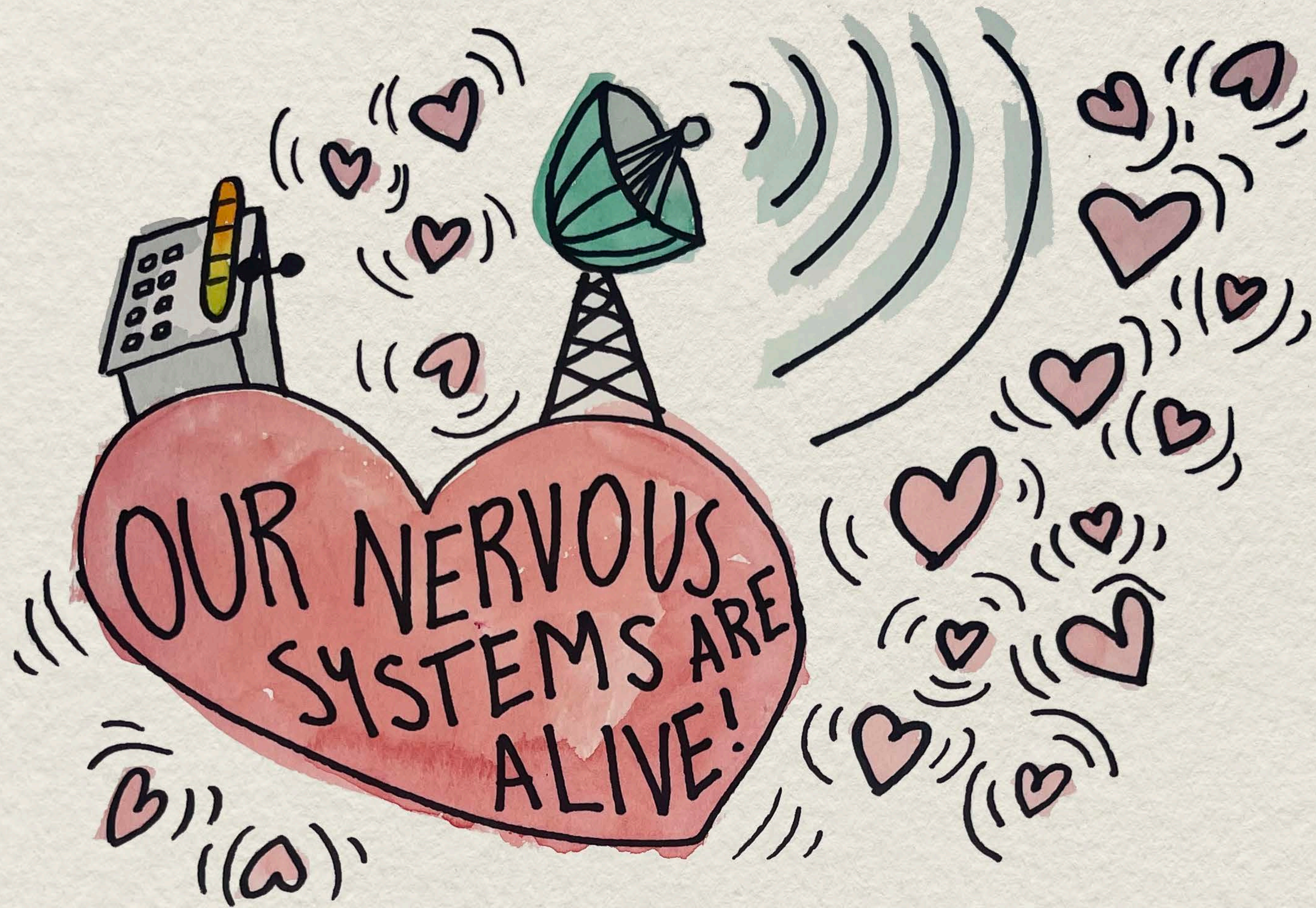


FEELINGS VALIDATED
NERVOUS SYSTEMS REGULATED
SAFETY AND TRUST
CREATIVITY AND EXPERIMENTATION

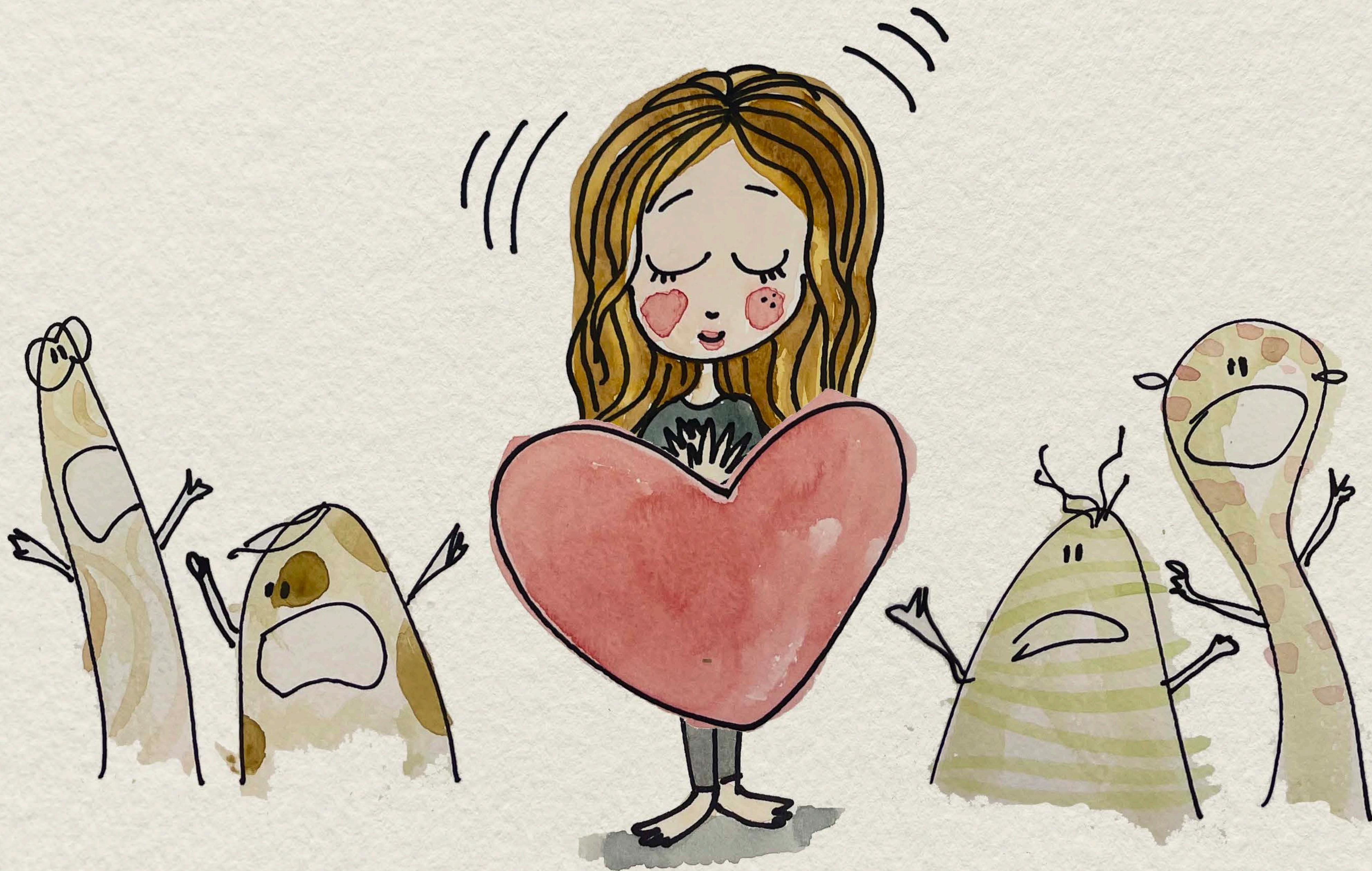




LEADING OURSELVES
STARTS WITH THE
WILLINGNESS TO
FEEL AND ACCEPT ALL
THAT WE DON'T KNOW.







SELF-COMPASSION SAVED ME.





**EVEN VANILLA ICE CREAM
ISN'T FOR EVERYONE**



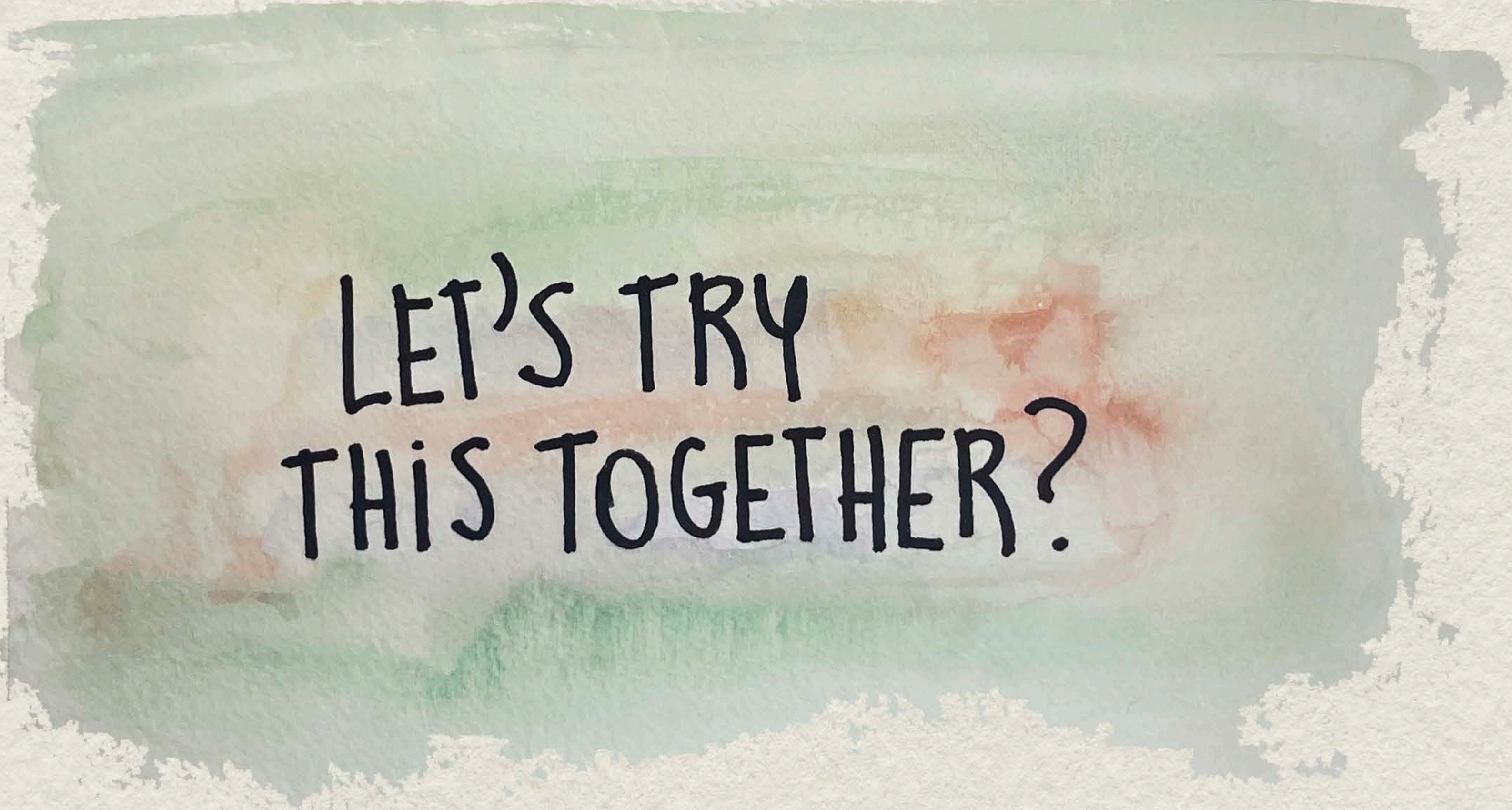
LEARNING TO FEEL MY FEELINGS AND HOLD MYSELF
HAS GIVEN ME THE FREEDOM TO BE MY ME-EST ME.



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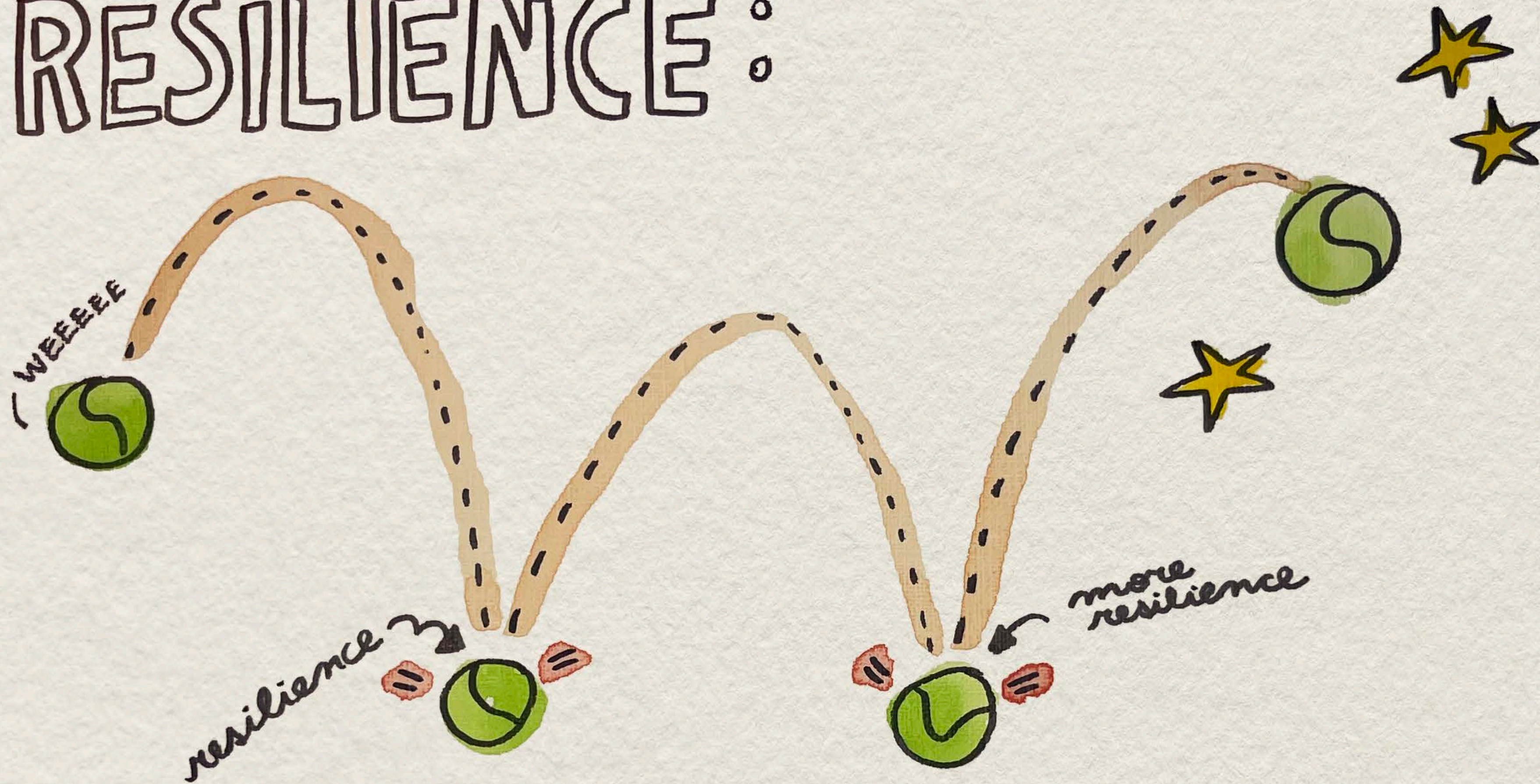
BY LEADING MYSELF IN
COMPASSION FIRST, I HAVE
THE CAPACITY TO BE MY
BEST LEADER TO OTHERS.





LET'S TRY
THIS TOGETHER?

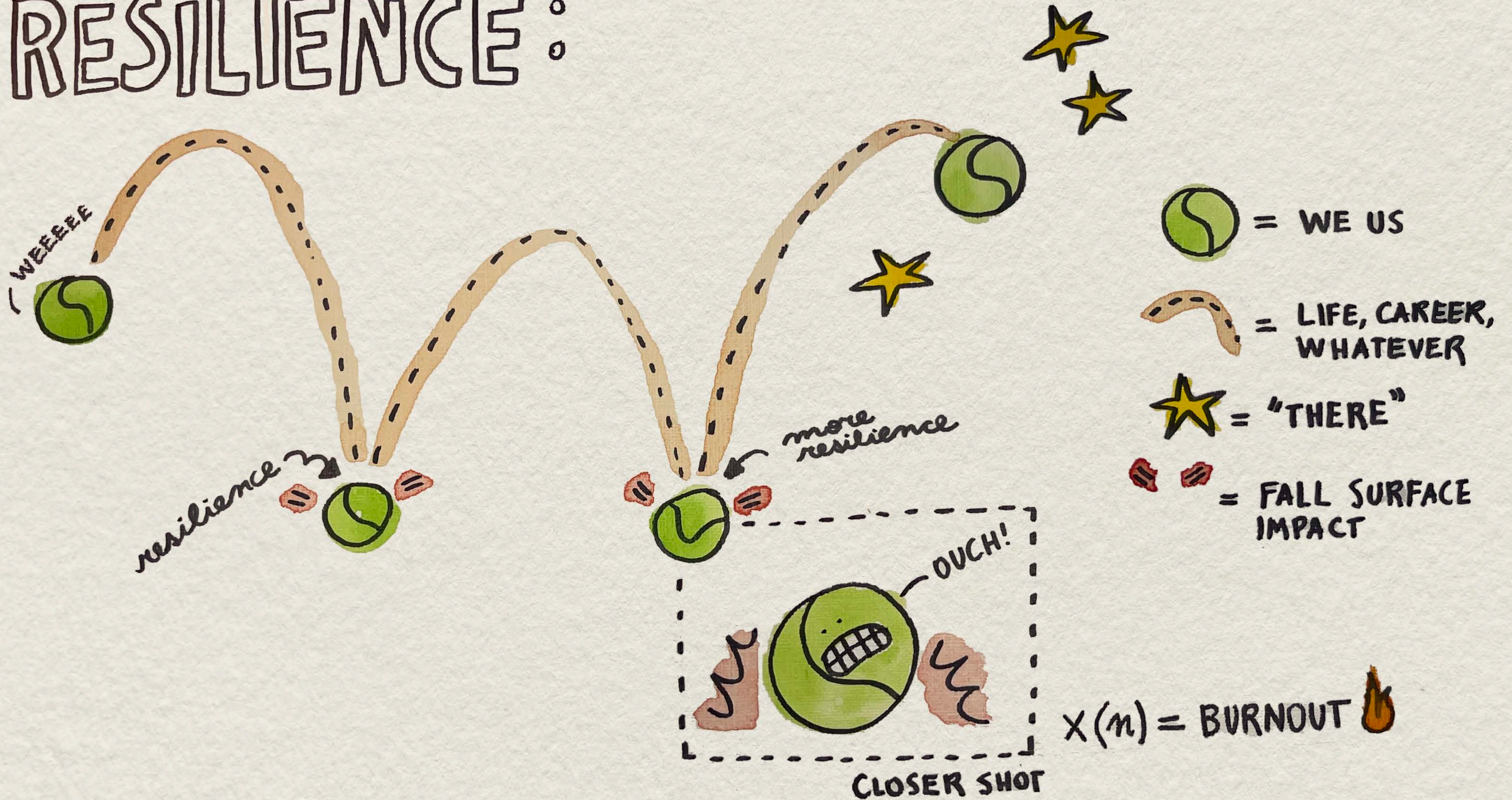
RESILIENCE:



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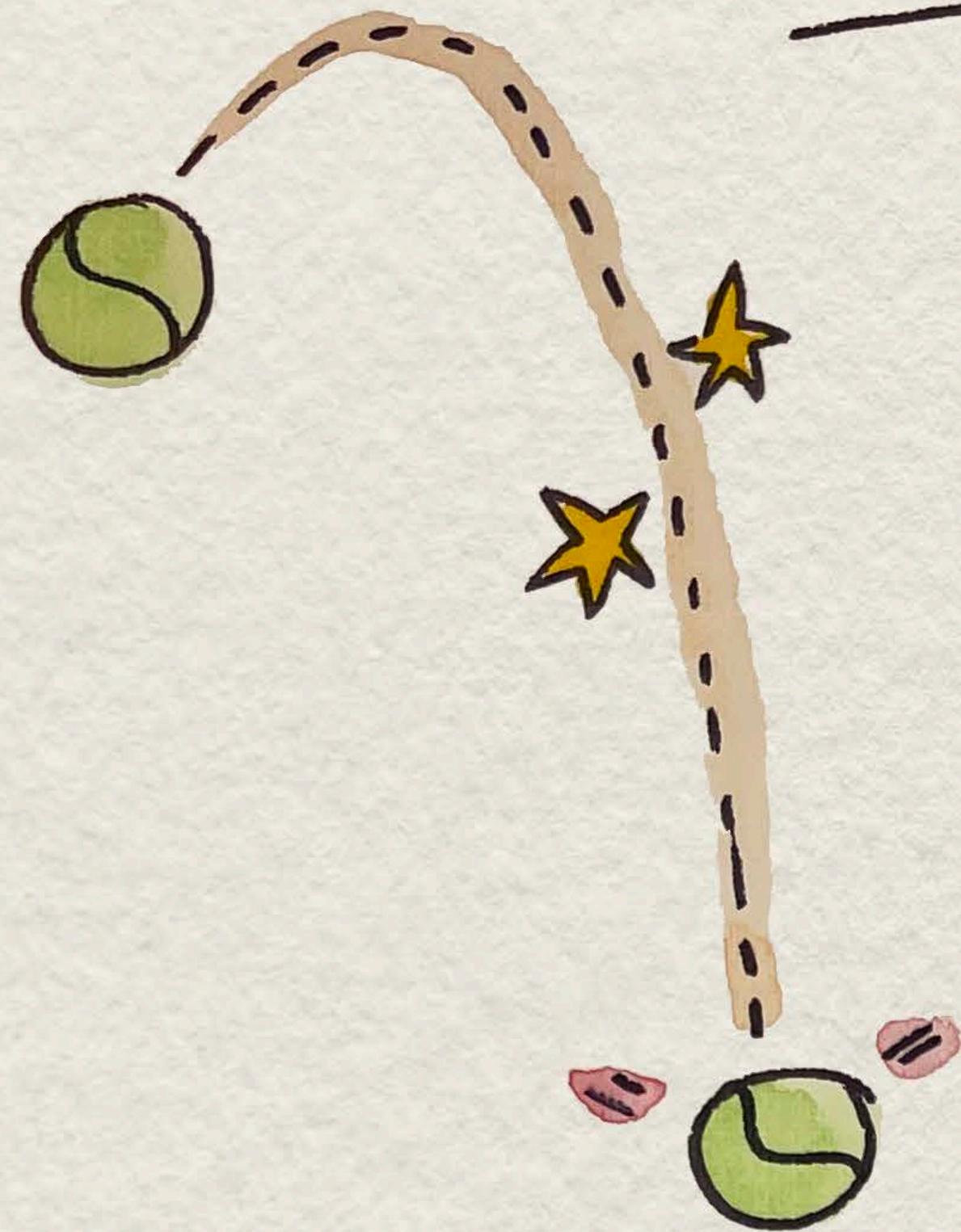


RESILIENCE:



RESILIENCE:

revised



RESILIENCE:

revised

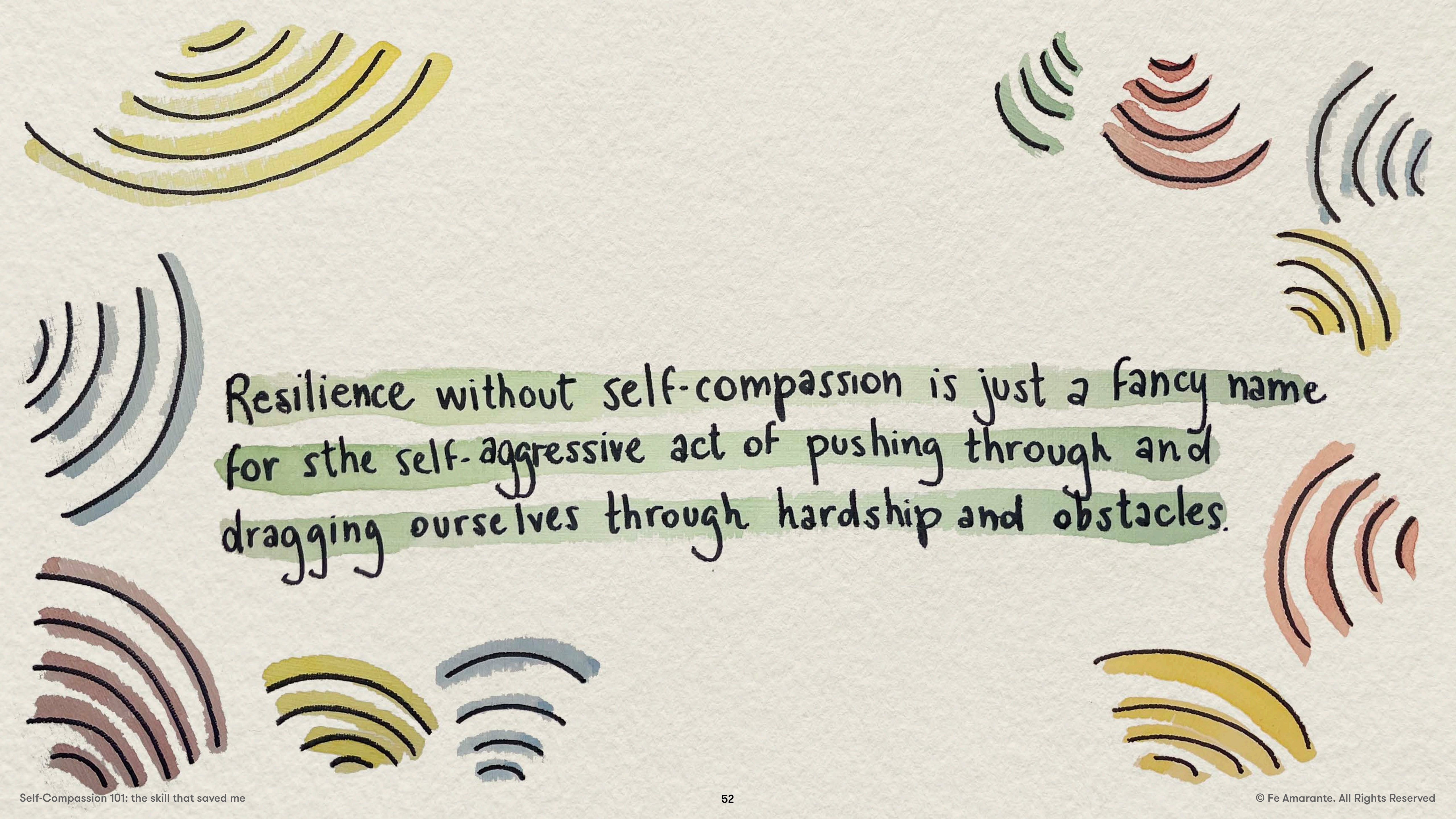


RESILIENCE:

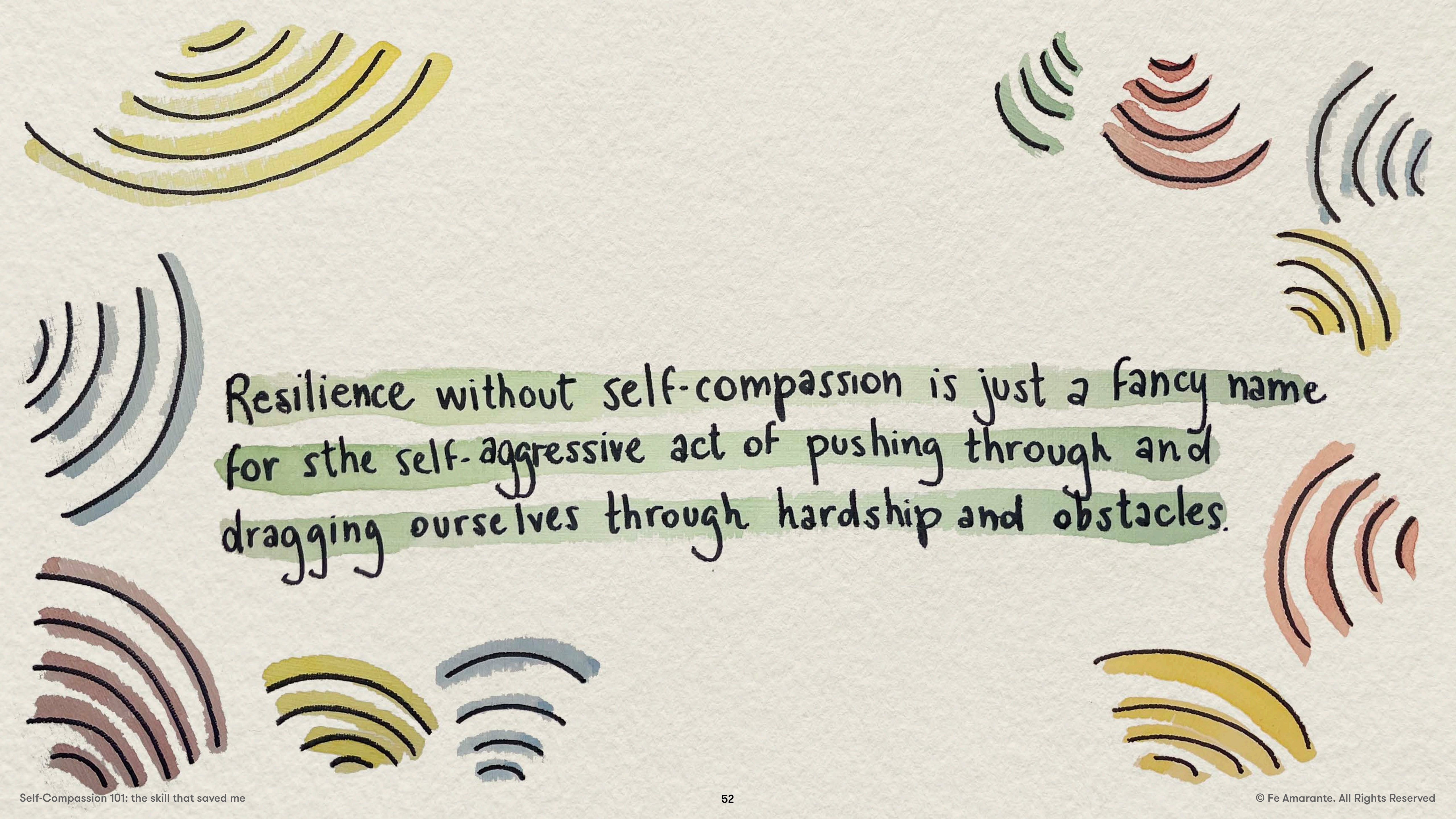
revised



Self-compassion
is what makes
real resilience
possible.





Resilience without self-compassion is just a fancy name
for the self-aggressive act of pushing through and
dragging ourselves through hardship and obstacles.



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FIND YOUR FEET AND YOUR
WAY TOWARD YOUR FEELINGS.
LEAD YOURSELF
AS THE EXAMPLE YOU WISH
FOR YOURSELF AND OTHERS.

In the past, jobs were about muscles.
Now, they are about brains. 

But in the future, they will
be about the heart. 

Minouche Shafik,
Director of the
London School of Business,
2018



May you give your
heart and your
humanity all the
compassion they
deserve.

Thank you.



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Life gets hard. Leading
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