

## Team Meeting - Read-aloud Reflection

As we begin, let's take a moment to arrive—setting aside the rush of the day and coming fully into the present.

Compassion begins with noticing. Noticing those around us, what they might be carrying, and what we ourselves bring—without judgment, just awareness.

Compassion isn't about fixing—it's about presence. It's choosing to listen with curiosity, to respond with steadiness, and to see the human being behind every interaction.

As colleagues and leaders, compassion reminds us to value people not just for what they do, but for who they are. And that includes ourselves—offering the same kindness inward that we extend to others.

As we move into our work today, may we carry this spirit of compassion—in our words, our listening, and our decisions—creating a space where people feel safe, seen, and supported.