

Team Meeting - Read-aloud Reflection

As we begin this meeting, I'd like to invite us to take a brief moment to arrive—to set aside the rush of the morning, the tasks waiting after this, and simply come into the present.

Compassion, at its heart, begins with noticing.

Noticing the people around us, noticing what they might be carrying, noticing what we ourselves bring into the room—energy, worries, hopes, or fatigue. No judgment. Just awareness.

Compassion is not about fixing.

It's about presence.

It's the choice to listen with curiosity, to respond with steadiness, to recognise the human being behind every interaction.

As leaders and colleagues, compassion asks us to see people not only for what they do, but for who they are.

It reminds us that everyone here is navigating their own challenges, their own pressures, their own story.

Compassion does not remove accountability.

If anything, it strengthens it—because when expectations are met with clarity and humanity, people feel respected rather than criticised, encouraged rather than judged.

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And there is one more form of compassion that often gets forgotten: self-compassion.

The willingness to acknowledge our own limits, to speak to ourselves with the same tone we would use for someone we care about, to allow ourselves to be human.

As we move into our work today, may we carry this spirit of compassion with us—in our words, in our listening, in our decisions.

Not as something extra or optional, but as a way of creating a space where people can be real, feel supported, and do their best work together.

Thank you.