



Compassionate Leadership - Recommended Resources

Research Paper on Compassionate Leadership

Poorkavoos, M. (2016) *Compassionate Leadership: What is it and why do organizations need more of it?* Roffey Park Institute.

<https://www.roffeypark.ac.uk/wp-content/uploads/2020/07/Compassionate-Leadership-Booklet.pdf>

Trade Articles on Compassionate Leadership

Ain, A. *Protecting your People During a Merger in the Middle of a Crisis*

<https://www.linkedin.com/pulse/protecting-your-people-during-merger-middle-crisis-aron-ain/>

Assessment: *Are you a Compassionate Leader?* Harvard Business Review

<https://hbr.org/2018/05/assessment-are-you-a-compassionate-leader>

Compassionate Leadership: A Mindful Call to Lead From Both Head and Heart

<https://www.forbes.com/sites/margiewarrell/2017/05/20/compassionate-leadership/#275928d05df9>

How to be a More Compassionate Leader (And why it's so important)

<https://www.forbes.com/sites/dedehenley/2020/01/25/how-to-be-a-more-compassionate-leader-and-why-its-so-important/#3f9b52c932b5>

The New Rules for Remote Work

<https://www.forbes.com/sites/hbsworkingknowledge/2020/04/27/the-new-rules-for-remote-work-pandemic-edition/#3eede3327eb8>

7 Inspiring Traits of Compassionate Leadership

<https://www.entrepreneur.com/article/310391>

Self-Compassion – book and website

Neff, K. (2011) *Self-compassion*, New York: Harper Collins.

Website: <https://self-compassion.org/>

Productivity - articles

Why you should ignore all that coronavirus-inspired productivity pressure by Aisha, S. Ahmad
<https://www.chronicle.com/article/why-you-should-ignore-all-that-coronavirus-inspired-productivity-pressure/>

Working from home during the pandemic:
<https://www.theatlantic.com/health/archive/2020/05/work-from-home-pandemic/611098/>

On Digital Minimalism and Pandemics – Cal Newport
<https://www.calnewport.com/blog/2020/03/13/on-digital-minimalism-and-pandemics/>

TEND Covid-19 Resources (updated regularly):

<https://www.tendacademy.ca/covid19/>

Self-Assessment Tool – Self-care at work and at home

Free Self-Care Questionnaires: Resilience, Balance & Meaning

<https://www.tendacademy.ca/wp-content/uploads/2020/03/Resilience-Balance-Meaning-excerpt-Self-Care-Questionnaires-Dr.-Pat-Fisher-2016.pdf>

TEND Covid-19 Articles:

Leaders are People too: Staying Well During Covid-19
<https://www.tendacademy.ca/leaders-are-people-too/>

This is a Marathon, Not a Sprint: Strategies to Address Wear & Tear in Helping Professionals during Covid-19
<https://www.tendacademy.ca/marathon-not-sprint-covid19/>

Dealing with Stress & Uncertainty
<https://www.tendacademy.ca/dealing-with-stress/>

The Schwartz Center for compassionate healthcare - free webinars:

https://www.theschwartzcenter.org/covid-19?utm_source=website&utm_medium=banner&utm_campaign=covid19

Moral Distress and Ethical Dilemmas

The Hastings Center: <https://www.thehastingscenter.org/ethics-resources-on-the-coronavirus/>

Other Useful Resources

The Secondary Traumatic Stress Informed Organization Assessment Tool (STSI-OA)
(also available STSI-OA in Spanish and the Pandemic Version)

<https://www.uky.edu/ctac/stsioa>

Our new program on Compassionate Leadership:

Compassionate Leadership: An Online Program for Modern Leaders
with Cambria Rose Walsh & Tamsyn Brennan.

For more information click here: <https://www.tendacademy.ca/product/compassionateleadership/>