Commitment Statement
Action Collaborative on Clinician Well-Being and Resilience

Background
Compassion Institute’s mission is to advance compassion as a guiding principle and active force to foster a more caring world. We recognize that compassion is an innate ability that can also be strengthened through cultivation.

The Compassion Institute (CI) is a global advocate for compassion education, programs, and research. Our work was initiated at Stanford University School of Medicine Neurosciences Institute in 2009 to support human health, well-being, and interpersonal relationships within organizations and communities. Programs are developed by thought leaders and industry experts in compassion science and education, contemplative science, psychology, and the social sciences.

Compassion Cultivation Training© (CCT™) is an evidenced based protocol that has been shown to lead to increases in happiness, calmness, acceptance of emotions, self-acceptance, job satisfaction, self-caring behavior, compassion for self and others, and openness to receiving compassion from others. In addition, it has been shown to decrease worry, anxiety, anger, mind wandering, and emotional suppression.

Clinician Well-Being and Resilience
Within the health sector, our programs speak directly to several priority areas in the NAM statement, including creating and sustaining positive work and learning environments and culture, and institutionalizing well-being as a long-term value. As global experts in compassion-based interventions, our goal is to serve those who serve us. Our focus is to provide compassion-based services to address the drivers of burnout at the individual, team, organizational, and systemic levels. Our training courses are participatory and create community while fostering pro-social skills such as self-awareness, empathy, and compassion.

We feel strongly that by cultivating compassion we can give those working in the health field the skills to allow them to reconnect to purpose and experience joy in their work. We also know that increased compassion amongst those working in the health field can lead to improved patient satisfaction and patient outcomes. In addition, we know that collaborating with leaders and health organizations to co-
create compassionate organizational cultures aligned with the values and mission of the organization is key to creating significant and lasting improvements in the well-being of individual healthcare providers, healthcare staff, patients, and the communities they serve.

**Health Sector Work**

The Compassion Institute is committed to delivering programs that will lead to a more compassionate health system and to supporting the National Plan for Health Workforce Well-Being’s vision that patients are cared for by a health workforce that is thriving in an environment that fosters their well-being.

We offer a variety of professional development classes with continuing medical education hours (CME), leadership and organizational development journeys, and customized services for health sector organizations, as well as public courses in which individuals can participate.

Compassion Institute is happy to focus our attention on mission-driven organizations, such as Federally Qualified Health Centers, dedicated to serving communities of greatest need and to training diverse staff and clinicians.

More details about our health sector programs and services can be found by visiting Health | Compassion Institute, where you can also:

- Access our free resources developed to support well-being, the Care Package for Healthcare Professionals & Frontline Responders;
- View upcoming health sector courses open to the public;
- Learn about our professional development offerings for health professionals, including but not limited to, Caring From the Inside Out: Foundations of Self and Collective Care (CFIO), Compassion Cultivation Training (CCT), and Compassion Cultivation Training Workshop (CCTW); and
- Request additional information, including about our custom services and organizational journeys.