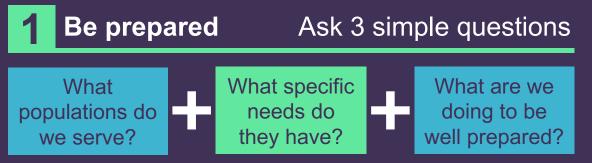
Besilient and compassionate leadership



Remember there will be people in your organisation and the community who are there to help you.

2 Be open and flexible

One way to being an open and flexible leader is by paying attention to your own wellbeing.

- What is going to help me feel rested, nourished and refreshed before work?
- What concerns do I have and who is the best person to talk to about them?
- What could I do that might help me support my wellbeing at work?



Be compassionate

- Be attentive to the needs of everyone.
- Be mindful of biases.
- Be an advocate for those whose voices sometimes go unheard.
- Be curious and seek to understand people's needs. Listen with fascination.
- Remember compassion is an action not a sentiment.



