

# Compassionate leadership



Talk about your own challenges; you'll pave the way for others

Show compassion when things go wrong



Let your employees see your softer side

Arrange regular check-ins, and don't just talk about work



Ask people how things are at home; how they're coping

Make meetings 25 minutes long instead of 30



Watch out for cues that someone on your team could be struggling

Be genuine and authentic when you talk to your team



Diarise a 'wellness hour' for your employees; no meetings allowed!

Open up about your own mental health; let's smash that stigma

