

2026 A Year of CLEAR

Compassion Micro Practices & Conversation Guide

I Am
Here

Why Compassion

Compassion is the desire to act to relieve suffering. It applies to how we treat both ourselves and others. It begins with awareness, and a pause, before reacting. Self-compassion supports calmer, clearer conversations. It's not about fixing. It's about creating safety.



Micro-Practices for Me

- I Am Here Self-check first. How am I feeling right now?
- Notice and soften self-judgement.
- Name what's weighing on you instead of pushing through.
- Pause before reacting. Even a ten seconds' pause helps.
- One kind act for yourself. Rest. Ask for help.

Conversation Guide

Try I'm glad you told me.
That sounds like a lot.
Can you tell me more?

Avoid Rushing to fix
Minimising
Judging

Presence matters more than perfect words.

Micro-Practices with My Team

- Start meetings with a light check-in.
- Name effort, not just outcomes.
- Thank people for speaking up, especially when it is hard.
- Pause before solving. Ask what support is needed.
- Make space. Let silence do some work.
- Normalise support. Remind people that help exists.

Pause & Reflect

How and where could a small act of Compassion make this week feel lighter?
For you or someone else.

Help & Support

If a conversation opens something bigger, connect with an I Am Here Ambassador, or access an available wellbeing support. You don't have to carry it alone.

It's ok not to feel ok; and it's absolutely ok to ask for help.