



The Power of Curiosity

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Why Curious Conversations?

Be the Change

Learning Objectives

- Understand what makes a conversation curious
- Consider the benefits of curious conversations in your workplace
- How to manage barriers to curious communication
- How to get curious when the conversations are really difficult or the stakes are high



What I really hope you receive...

- Reconnect to the things that help you get curious
- Recognize that you already have everything you need to have a curious conversation
- Setting clear intentions that address barriers to curious conversations

Arrive





Reflection

Consider a conversation, preferably recent, where you felt heard/understood, uplifted and hopeful, that felt like it could even be...transformative.

What were some of the conditions or qualities that made it feel that way? How did you contribute? Was there a moment when the conversation really felt like it opened up? Why?



Step One:

Believe that this already lives within you.

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Practicing Compassion

Strongly associated with fewer negative states:

Depression

Anxiety

Stress

Shame

Strongly linked to more positive states:

Happiness

Life Satisfaction

Optimism

Better Physical Health

In research with Healthcare Professionals:

Less Burn Out

Sense of Meaning

Compassion at work

- Employee Retention
- Less Stress
- Better Health
- Strong Interpersonal Relationships
- Employee engagement
- Loyalty
- Cooperation
- Kindness, empathy, meaning, purpose...

How to get there

- STOP – to breathe, to reflect, to become aware of your own intentions
- NOTICE – what's coming up for you?
- LOVE – how do you want to communicate? What are you noticing that is encouraging? What messages are you hearing or seeing from the other person?

Reflection

- Consider what might be different for you if you were inviting more compassion and curiosity into your day?

Step Two

Recognize what benefits actually matter to you.

Curiosity

- Connect to the curious place inside you
- Create an invitation
- Ask questions
- Listen
- Respond thoughtfully
- Repeat

Reflection

Create three columns on a sheet of paper:

1. What creates stress in your life?
2. What feels energizing in your life?
3. What are you noticing when you look at the two lists?

Discussion

What are the barriers that make it challenging to be a curious communicator?

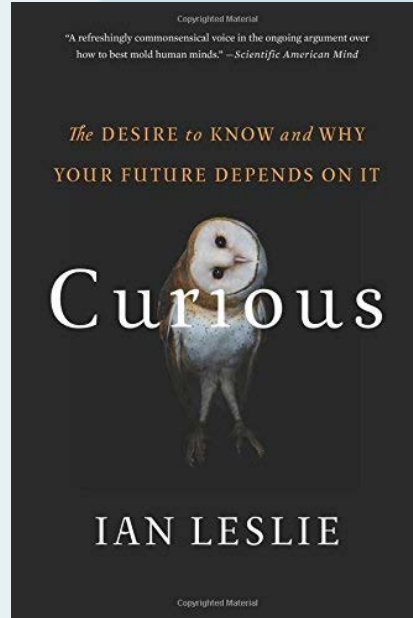
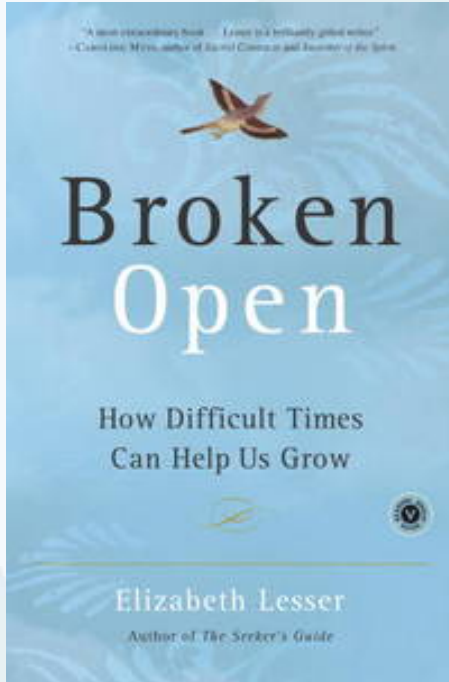
Step Three

Recognize that you are human.

Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.

Rumi

Resources





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