

# PURPOSE AND MEANING AT WORK

**Preventing burnout through compassion cultivation**

## COMPASSION GRAND ROUNDS

WEDNESDAY, April 17, 1200-1300 hrs  
with Leah Weiss, PhD

Location: Samuel N. Cohen Auditorium,  
St. Boniface Hospital Albrechtsen Research Centre  
351 Taché Avenue

Explore in this one-hour talk our capacity to bring our whole selves to our professional work, based on Dr. Leah Weiss' overwhelmingly popular course at the Stanford Graduate School of Business, and her new book, *How We Work*. Using contemplative approaches and stressing the importance of fully engaging our hearts and minds at work, Dr. Weiss shows how to attend to difficult feelings without becoming subsumed by them; how to develop awareness of our bigger picture goals that orients us and allows us to see purpose in the most menial tasks. She offers a set of practical, evidence-based strategies for practicing presence in the real world, revealing how not to merely survive another day, but how to use ancient wisdom traditions to sharpen our abilities, enhance our leadership and interpersonal skills, and improve our satisfaction.

**FREE – NO REGISTRATION REQUIRED**

Leah Weiss, PhD, is a researcher, trainer, consultant and author. She teaches courses on compassionate leadership at the Stanford Graduate School of Business and is Principal Teacher and Trainer for Stanford's Compassion Cultivation Program. She also directs Compassion Education and Scholarship at HopeLab, an Omidyar Group research and development non-profit focused on resilience.



### INFORMATION:

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*Also available via MB Telehealth*

 **Project  
Compassion Project**  
Un cheminement vers notre raison d'être la plus profonde  
A journey toward our deeper sense of purpose

