

# Compassionate Leadership As A Business Strategy

*An evidenced-based approach to being your best self and inspiring your workforce*



## Kaiser Permanente's WORKFORCE HEALTH VIRTUAL LEARNING CIRCLE For Leadership, HR leaders, Managers

**RSVP NOW ►**

**Thursday, March 25, 2021 | Noon EST**

*Once you register, you will receive a confirmation email with instructions for joining the online session.*

**COVID-19, Social injustice, and political strife** have challenged us in ways that we never imagined. It is more important than ever for us to find ways to embrace compassion towards ourselves and each other.

**This interactive learning forum** is focused on putting the oxygen mask on first to fully show up for your leadership team, workforce and family.

### Learning Objectives:

- Understand how creating a culture of compassion will impact your business & personal leadership
- Recognize the connection between compassion, resilience, suffering, and burnout
- Learn the four key cornerstones of compassion
- Learn tools to help build your own compassion practice & share with your leadership team, workforce & family

**“Compassion is hard, not soft and fuzzy. In tough business environments, compassion requires strength and courage. Compassion is an intention that does not necessarily change your actions—it changes the way the way you conduct your actions.”**

Rasmus Hougaard and Jacqueline Carter, “The Mind of the Leader”,  
Harvard Business Review Press, 2018

**“Our goal is to change work from the inside out, by mainstreaming mindfulness and operationalizing compassion.”**

Scott Shulte – Head of Mindfulness at LinkedIn

### Presenters:



**Gene Gincherman, M.D., FACEP** is an emergency medicine physician with the Mid-Atlantic Permanente Medical Group., raised in St. Petersburg, Russia. He completed his undergraduate studies at Middlebury College and

medical school at the University of Pennsylvania. He completed his Emergency Medicine training at the Hospital of the University of Pennsylvania. Dr. Gincherman challenges the conventional hurried environments of emergency and urgent care through the practices of mindfulness and compassion. He incorporates mindfulness and compassion exercises as well as moments of reflections into the meetings he leads and participates in and strives to find something inspiring in every day.



**Amy Arnold** is East Coast Director for Workforce Health under Strategic Customer Engagement at Kaiser Permanente and has been with the organization for over seven years. Her team is charged with helping employer groups create strategies to improve the health and well-being of their employees. Amy holds a master's in Health Promotion and a BS in Hotel Management. She is also a Certified Health Education Specialist, Registered Yoga Instructor, and Holistic Health Coach. She taps into all of her tools to help her be her best self personally and professionally.



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