

# CULTIVATING COMPASSION

There is nothing wrong in having a few imperfections. Given a wish to change a few things about us, many would wish they could change or modify something or the other about themselves. However, that doesn't mean that we will continue hounding ourselves with an extremely critical view of things. For the same reasons, we must be compassionate in assessing others on their work and performance.

Compassion is a winning quality, in the sense that people with inspirational personalities often are compassionate towards fellow co-workers and other people in general. It's a quality that prevents us from being too critical and demanding of others and ourselves and allows scope to understand issues on a practical basis.



Compassionate people use specific and pleasant language while interacting with people around them. They feel comfortable with explaining their ideas and taking suggestions from others, irrespective of the professional hierarchy they share with their colleagues. **They forgive mistakes and learn from them, have an acute awareness of their strengths and know how to use them to their advantage.**

It has been found that when someone empathizes with the people he is talking to, the other person tends to feel more comfortable in sharing personal issues that are influencing his professional life and performance. Compassion makes it possible for people to step into other person's shoes and understand the situation from that perspective, which is the hallmark of brilliant communicators.